

ELLIPTIGO

OWNER'S MANUAL

VERY IMPORTANT:

READ THIS GUIDE BEFORE ASSEMBLING OR RIDING YOUR ELLIPTIGO BIKE. It contains very important information about safety and performance, as well as instructions for how to assemble, ride and maintain your ElliptiGO bike. PAY PARTICULAR ATTENTION TO THE SAFETY INFORMATION CONTAINED WITHIN – IT COULD SAVE YOUR LIFE. Keep this manual available for reference and if you sell your ElliptiGO bike to someone else, make sure to transfer this manual to them.

The ElliptiGO bike includes many components made by other manufacturers. If the information in this manual conflicts with information provided by a component manufacturer, always follow the component manufacturer's instructions as they relate to that component.

More information about safety, performance, assembly and service related to the ElliptiGO bike can be found on our website: www.elliptigo.com/support. If you have any questions or do not understand something in this manual, please contact us at service@elliptigo.com so we can assist you.

ElliptiGO Owner's Manual
3rd Edition, March 3rd, 2015

This manual contains the information
required to meet EN Standard 14781
where that standard reasonably
applies to the ElliptiGO bike.

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Welcome to the ElliptiGO Family,

Thank you for purchasing an ElliptiGO. We have spent countless hours developing this fitness device and believe it to be the best form of low-impact exercise available. We hope you enjoy many years of healthy exercise and fun while riding your ElliptiGO.

As you will see throughout this owner's manual, we value your safety. We have designed your ElliptiGO bike to be a safe, fun and effective workout system. However, the ElliptiGO is not a toy. It is an advanced piece of fitness equipment designed to be used for exercise by responsible riders. Improper use of the ElliptiGO bike can result in destruction of property, serious injury, maiming, or death. For your safety, before your first ride you should read the entire owner's manual and pay particular attention to Chapters I and II. This information is essential for understanding how to safely use and enjoy your ElliptiGO bike. Although many of the bike's components may look familiar to you, the ElliptiGO is very different from any other piece of fitness equipment or vehicle you may have used in the past. As a result, it is VERY IMPORTANT that you read and understand the information in this manual before riding it. Doing so could save your life.

In addition, we have safety and maintenance videos and information posted in the customer section of our website: <http://www.elliptigo.com/support.html>. If you have any questions or concerns, especially about how to safely use your ElliptiGO, please contact us at any time at service@elliptigo.com.

Happy riding,

Brent and Bryan

ElliptiGO Co-Founders

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IMPORTANT:

This owner's manual contains information regarding your components and how to do basic maintenance and service on your ElliptiGO. However, it is not intended to be a substitute for having your ElliptiGO serviced by a professional bicycle mechanic. YOU SHOULD HAVE YOUR BIKE ASSEMBLED, MAINTAINED AND SERVICED BY A PROFESSIONAL BICYCLE MECHANIC.

I. IMPORTANT NOTIFICATIONS

DO NOT SKIP THIS SECTION!

1. Important Warnings

Like running and cycling, riding an ElliptiGO involves a real risk of serious injury, maiming and death. Each time you ride your ElliptiGO bike, you are assuming this risk. We cannot stress enough how important it is to wear a helmet and proper clothing, know and follow the rules of the road, ensure your bike is in good working order before and during your ride, and to use caution when riding. To help minimize your risk of injury when riding your ElliptiGO it is critical that you read and understand the contents of this manual and become familiar with operating and maintaining the bike before you head out on the road.*

To highlight some of the most important safety concerns, this manual contains many “Warnings”, “Cautions” and “Alerts” which are set out conspicuously in the manual.

Safety Warning

The following symbol:  **WARNING!** (the safety designator together with the word WARNING!), calls attention to a potential hazard that, if not properly addressed or avoided, could cause serious injury or death.

Safety Caution

The following symbol:  **CAUTION!** (the safety designator together with the word CAUTION!), calls attention to a potential hazard that, if not properly addressed or avoided, could cause property damage or an injury.

Damage Alert

The designation **ALERT!** calls attention to a situation which, if not properly addressed or avoided, could cause serious damage to your ElliptiGO bike and/or void your warranty.

As you will see, most of the Safety Warnings and Cautions contained in this Manual relate to conditions that could result in the rider losing control of the ElliptiGO bike and suffering a fall. Every fall, regardless of the associated speed or cause, can result in serious injury or death for the rider, and injury to bystanders and property. As a result, a warning that indicates the rider may lose control and fall if a situation is not properly addressed or avoided may not also state that the resulting fall can cause serious injury or death. You should understand that this fact is always implied by the possibility of falling.

* It is impossible to cover all potentially hazardous situations that could arise when riding a bike in a manual or any other form of communication. As a result, we cannot provide guidance on how to safely ride the ElliptiGO bike in every circumstance and under all conditions. There are many unpredictable and unavoidable risks that accompany riding a bike and the rider assumes the responsibility for choosing to expose himself/herself to these risks.

2. Parental Advisory

ElliptiGO cycles are specifically designed to be ridden on paved roads for exercise by individuals weighing less than 250 pounds.

⚠ WARNING! ElliptiGO bikes should not be ridden by children at any time. ELLIPTIGO BIKES DO NOT MEET SAFETY STANDARDS FOR CHILDREN. Because the ElliptiGO lacks many of the safety features necessary for safe use by children, failure to follow this warning could result in serious injury or death to your child.

Children are naturally curious about many things that can seriously injure them and your ElliptiGO bike is likely to be one. As with other hazards like boiling water, sharp knives, tools, cars, and chemicals, you are responsible for teaching your children not to use the ElliptiGO bike and to take active measures to prevent them from doing so.

ALERT! If you purchased an ElliptiGO for your minor child, please contact ElliptiGO Inc. for a full refund immediately.

II. PROPER USE

1. General

The ElliptiGO bike is a completely new kind of exercise equipment and performs differently from other devices you may have used in the past. If you treat it with respect, keep it maintained, and use it as intended, your ElliptiGO should provide you with many years of enjoyable outdoor exercise.

Before your first ride, you should read this manual in its entirety and get clarity on all aspects of the bike's performance, function, or design that you do not understand. You should also consult your physician prior to beginning any exercise plan, including exercising on your ElliptiGO bike, to ensure that you are healthy enough for such exercise. You can reach our customer service department to get any questions answered by sending an email to: service@elliptigo.com.

Maximum Rider Weight of 250 Pounds

The maximum load-bearing capacity of the ElliptiGO bike is 290 pounds. The ElliptiGO bike weighs approximately 40 pounds. Thus, the weight of the rider plus any additional accessories such as water bottles and lights, as well as spare parts kits, food, and clothing must weigh less than 250 pounds, such that the combined weight of the outfitted rider and the ElliptiGO together does not exceed 290 pounds. As a result, no rider that weighs more than 250 pounds should ride the ElliptiGO bike. In addition, all riders should be conscious of their fully-laden weight (their body weight plus accessories), especially those who weigh close to 250 pounds.

Intended Use

The ElliptiGO bike is designed exclusively for exercise use on paved roads by a single rider. **It should never be used by children, people weighing more than 250 pounds, or by two or more people simultaneously.** Because the ElliptiGO was designed to be ridden on paved surfaces by a single rider with

a fully-laden weight under 250 pounds, it has certain limitations and must be treated with care and maintained properly in order for it to survive for its useful life and deliver a safe exercise experience. At no time should it be ridden "off road" or on any unpaved surface (including sand, gravel, and dirt). Moreover, the ElliptiGO bike should never be used for stunts, jumps, wheelies, or other abusive maneuvers. These activities will dramatically reduce its service life and could cause a catastrophic failure of one or more of its components, causing the rider to suffer significant injuries or death from a resulting fall.

▲ WARNING! THE ELLIPTIGO IS NOT A TOY AND IS NOT DESIGNED FOR USE BY CHILDREN. The ElliptiGO bike does not meet the safety requirements for use by children, nor is it configured for use by children. Because it lacks the safety features required for children's products, children can be seriously injured or killed while using the ElliptiGO bike. Consequently, DO NOT LET CHILDREN USE YOUR ELLIPTIGO BIKE. If you purchased your ElliptiGO for a minor child, please contact ElliptiGO Inc. for a full refund immediately.

▲ WARNING! THE ELLIPTIGO BIKE HAS REAL LIMITATIONS IN WHAT IT CAN SUSTAIN. Misusing the bike can be extremely dangerous. Improper use of the bike, including riding with a gross combined vehicle and rider weight that exceeds 290 pounds or stunt, trick, or off-road riding, can cause a catastrophic failure of one or more components and result in the rider suffering a serious injury or being killed.

ALERT! Misuse of the ElliptiGO bike, including use by children, people weighing more than 250 pounds, or use for stunt, trick, or off-road riding (including jumping off obstacles, including curbs), can significantly damage the bike and void your warranty. DO NOT ENGAGE IN THESE OR OTHER ABUSIVE ACTIVITIES.

2. Preparing to Ride

Before you take your first ride, you should thoroughly review and understand the sections below and follow any instructions contained therein.

A. Basic Cycling Safety

Before riding your ElliptiGO, you should become familiar with the basics of cycling safety. The following includes many of the fundamental aspects of cycling safety; however, it is not an exhaustive list. For a more thorough education on cycling safety we recommend that you contact a certified bicycling instructor and enroll in a bicycle safety course. Here are the basic principles you should adhere to:

1. Wear a Helmet, Protective Equipment and Appropriate Clothing

a. **Always wear a Department of Transportation (DOT) approved helmet when riding your ElliptiGO bike.** Make sure to follow the helmet manufacturer's instructions related to proper fitting and care so it can provide the most protection for your head during a fall.

▲ WARNING! When riding the ElliptiGO bike, your head will be much higher off the ground than it would be on a regular bicycle and you could suffer even more damage to your head as a result of a collision or fall than you might if you fell off a conventional bicycle. As a result, wearing a helmet is even more critical when riding the ElliptiGO bike. Failure to do so could result in serious injury or death.

b. In addition to an approved helmet, we recommend that you wear closed-toed running or walking shoes with short shoelaces tied in a double knot, cycling gloves, protective glasses with plastic shatterproof lenses, and brightly colored clothing.

c. Before riding, always check your clothing to make sure there is nothing dangling that could become caught in the moving mechanisms of the ElliptiGO bike. Pay particular attention to shoelaces, wide-bottomed

pants, and long dresses as these could get caught in the drive train mechanism, around the rear wheel, or in the drive tracks. If something dangling from your body gets caught in any of these locations, it will likely cause you to lose control of the ElliptiGO bike and fall, resulting in serious injury or death.

d. Ensure that you have any other required safety equipment mandated by your state or municipality. It is your responsibility to comply with the law where you are riding.

2. Select a Safe Route and Riding Conditions

a. Choose a cycling route and time of travel that avoids high traffic areas and dangerous streets. Choose routes that have few cars, well maintained streets, and wide bike lanes.

b. If possible, always ride during good conditions and never at night or in inclement weather.

▲ WARNING! Riding at night or during inclement weather significantly increases your chances of suffering a collision or fall that causes significant injury or death.

▲ WARNING! Wet weather adversely impacts visibility, traction, braking and maneuvering for the ElliptiGO bike rider as well as other cyclists and motorists. Emergency stopping distances increase significantly. Always ride more slowly in wet conditions and begin slowing down far earlier than would be necessary under dry conditions. Never take sharp corners at high speed or attempt to corner while braking in wet conditions.

▲ WARNING! Riding during periods of low visibility, such as nighttime and in areas of dense fog, drastically increases your chances of being struck by a motorist or other cyclist and suffering significant injuries or death. You should refrain from riding the ElliptiGO bike during these periods.

▲ WARNING! Do not rely on reflectors to provide adequate lighting during periods of low visibility, especially dense fog. Reflectors cannot substitute for appropriate lights. DO NOT REMOVE THE INSTALLED REFLECTORS FROM YOUR BIKE. Removing them can lower the chances you will be seen during periods of low visibility, reducing your level of safety. Inspect your reflectors often to ensure that they are clean, straight, and undamaged. Have your reflectors repaired or replaced if they are damaged or misaligned.

c. If you choose to ride during periods of low visibility, you should take many precautions, including:

1. Wearing very bright clothing with integrated reflective materials and several other highly-visible items such as an approved bicycle safety vest, lights on your body, helmet and ElliptiGO bike, and reflective stickers or straps on your helmet and clothing. Ensure that these reflective surfaces are free from obstruction by objects you are carrying and your other clothing.
2. Using head and tail lights (either battery or generator powered) that are bright enough to enhance your ability to see and be seen and meet all legal requirements for your jurisdiction.
3. Riding slowly and through well-lit areas with less traffic and designated bike lanes or paths. When riding, choose a manner and path that maximizes the chances that a motorist, cyclist or pedestrian will see you while minimizing the chances that you will collide with them. Also, ride at a speed that affords plenty of time to react to, and avoid, unexpected obstacles.
4. Never making aggressive or unpredictable maneuvers that could catch a motorist or cyclist off guard.

3. Understand and Obey the Law

a. In most jurisdictions, cyclists are subject to the same traffic laws as motorists. Always stop at stop signs and red lights and use correct hand signals.

b. Many jurisdictions have additional laws and regulations that only pertain to cyclists. In particular, observe regulations about bicycle paths, trails and routes, use of a bicycle on a sidewalk, proper front and rear lighting, helmets, seating, signaling, reflectors, licenses and any special bicycle traffic laws in your jurisdiction. As with every other aspect of the administrative state, it is your responsibility to know the law and obey it. Our failure to provide you with a component or specific safety device required by the law in your jurisdiction does not relieve you of the requirement to install that component or safety device on your ElliptiGO.

4. Ride Defensively

- a. Even though you can see other motorists, cyclists and pedestrians, always assume that they cannot or do not see you and take precautions accordingly.
- b. Anticipate obstacles and dangerous conditions by looking ahead and paying attention to the environment around you. Always be ready to avoid vehicles entering the bike lane, children and animals darting into the roadway, poor road conditions (including potholes, rocks, sharp edges at the road shoulder, and loose gravel), separations in the asphalt or concrete, grates, glass and other sharp objects, pedestrians and the unexpected opening of parked car doors.
- c. Ride at a controlled speed, especially when descending hills or in adverse weather conditions. The higher the speed, the less time you will have to react to dangerous conditions, so always choose a speed that is appropriate for your environment.
- d. Use extreme caution when overtaking other cyclists, approaching blind intersections, and when merging with vehicular traffic. Slow down and look both ways whenever crossing an intersection.
- e. Share the Road – stay to the right and avoid interfering with the progress of motorists and faster cyclists. Always be prepared to yield to motorists and pedestrians, even if you have the right away.
- f. Maintain a sharp focus on your surroundings. Never wear headphones, talk on a cell phone, or become distracted by electronic devices such as

odometers, heart rate monitors, watches, and the like. These distractions can delay your reactions to developing dangerous conditions and increase your risk of suffering serious injury or death.

g. Avoid weaving through traffic and making unexpected maneuvers, especially when in the presence of cars or other cyclists.

h. Never hold onto another moving vehicle, including another cyclist, when riding the ElliptiGO bike. This behavior can be extremely dangerous and result in the rider losing control of the ElliptiGO bike and suffering a fall.

i. Never ride the ElliptiGO bike while under the influence of alcohol or any other substance that impairs judgment, cognition, motor function or balance. This increases the risks of colliding with another object or losing control of the ElliptiGO bike and suffering a fall, either of which could cause serious injury or death.

j. Never carry anything that could impede your vision or adversely impact your ability to control the ElliptiGO bike.

Take Responsibility for Your Safety

As discussed above, you are responsible for the safe handling and maneuvering of your ElliptiGO bike. Make sure to follow the instructions in this owner's manual. Get to know the mechanical workings of your bike and always do a pre-ride safety check to ensure everything is in good working order. Make sure that all quick releases and safety mechanisms are properly engaged. Pay particular attention to the condition of your tires, brakes and load wheels as a failure by one of these components would be particularly dangerous. Double check the security of the steering column, ensure that it is not above the "Max Extension" line, and that the safety mechanisms are properly engaged. Always wear a DOT approved cycling helmet that meets the latest certification standards and is appropriate for road cycling. Always follow the helmet manufacturer's instructions for fit, use and care of your helmet. Many serious bicycle-related injuries include head injuries which might have been avoided if the rider had worn an appropriate helmet. Before riding your ElliptiGO, consult with your physician so he or she can determine if you are healthy enough to do so.

▲ WARNING! Riding without an approved helmet greatly increases your chances of suffering serious injury or death during a crash or fall.

▲ WARNING! Riding with damaged, poorly maintained or improperly engaged components can result in an unexpected failure of a critical element of the ElliptiGO bike. The failure of a critical element of the bike is likely to result in the rider falling and suffering a serious injury or death.

B. Terminology & Component Overview

The picture below gives an overview of the components which make up an ElliptiGO bike. These names will be referred to throughout the Owner's Manual.

1	FRAME	15	FORK
2	KICKSTAND	16	FRONT BRAKE
3	DRIVE ARM	17	STEERING COLUMN
4	DRIVE ARM AXLE	18	STEM
5	CRANK ARM	19	HANDLEBAR
6	CHAIN RING	20	SHIFTER
7	CHAIN	21	BRAKE LEVER
8	CHAIN RING GUARD	22	GRIP
9	REAR WHEEL	23	CONTROL CABLES
10	INTERNALLY GEARED HUB		
11	REAR BRAKE		
12	FRONT WHEEL		
13	TIRE		
14	FRONT WHEEL QUICK-RELEASE		



C. Steering Columns

ElliptiGO cycles are equipped with two different types of steering columns based on the model. The first type is the *Non-Folding Steering Column* which is telescopically adjustable to accommodate riders of various heights. The second type is the *Folding Steering Column* which features both telescopically adjustable height and folding functionality for ease of storage and transport.

1. Non-Folding Steering Column

The non-folding steering column consists of the following components:

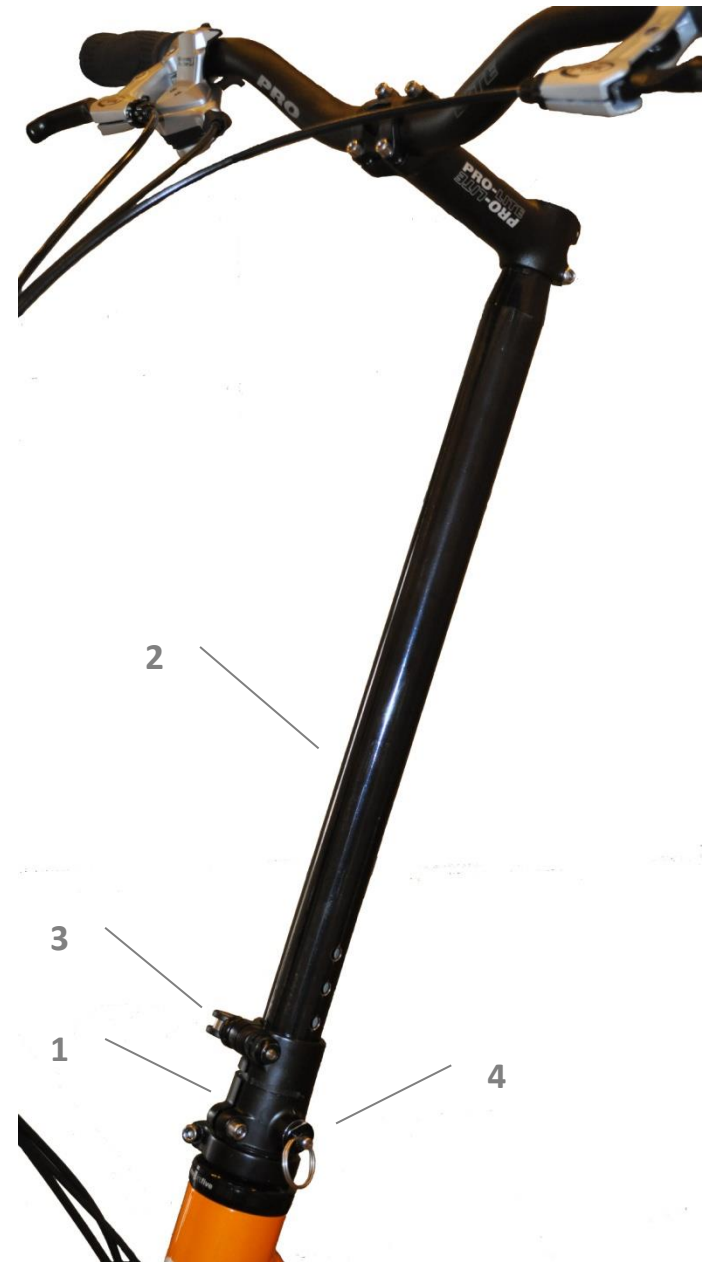
1. The preload collar
2. The steering extender
3. The steering extender quick release
4. The safety index pin

The telescoping action of the steering extender allows for it to be easily raised or lowered via a quick release lever and safety index pin to accommodate riders of various heights. The steering height has a total adjustable range of 160 mm.

To adjust the height of the steering extender, refer to the procedure outlined in Section II. 2. G. 2.

The non-folding steering column may be put into the storage position by removing the steering extender (2) from the preload collar (3). Refer to the procedures that follow for placing the non-folding steering into the storage position and riding position.

⚠ WARNING! The steering column is one of the most important safety features on your ElliptiGO. Before you ride, it is critical that you ensure it is secured properly, that the quick release is properly closed, and the safety pin is inserted in a hole. Failure to properly secure the steering column before riding can result in the unexpected collapsing of the steering column, which will likely cause the rider to fall and be seriously injured or killed.



Non-Folding Steering Column

The Riding Position (Non-Folding Steering Column)

To place the non-folding steering column into the riding position, follow these steps:

1. Open the steering extender quick release.
2. Insert the steering extender into the preload collar until it gently seats against the safety index pin. Note: The groove on the side of the steering extender should be lined up with the small anti-rotation feature on the preload collar. Also be careful to ensure that the control cables do not get twisted during this process.
3. Pull and hold out the safety index pin with one hand while further inserting the steering extender into the preload collar until the desired extender position is achieved.



1



2



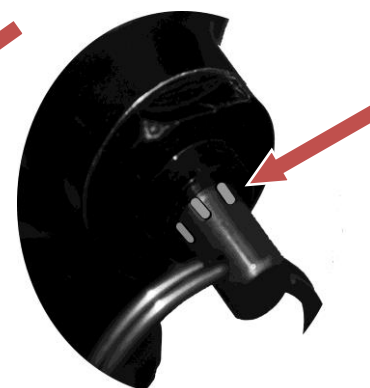
3

⚠ WARNING! ENSURE THE "MAX EXTENSION" MARK ON THE STEERING EXTENDER IS BELOW THE TOP OF THE COLLAR! Riding while the "MAX EXTENSION" mark is visible above the collar could result in the steering extender breaking during operation or being pulled out of the collar, causing a fall. Never use the ElliptiGO bike with the steering extender "MAX EXTENSION" mark situated above the collar.

4. Align the desired hole in the extender with the safety index pin and release the pin. The pin should spring completely back into place so that none of the red markings are visible.



4



NO!

**RED
MARKS
SHOULD
NOT BE
VISIBLE**

⚠ WARNING! INDEX PIN SHOULD BE FULLY SEATED SO THAT NO RED MARKINGS ARE VISIBLE AFTER HEIGHT ADJUSTMENT. Failure to fully seat the index pin could result in the steering column collapsing during operation. This would likely result in the rider losing control and falling.

5. Secure the steering extender quick release lever by grasping the steering extender for leverage and using enough force to leave an impression in your hand. Refer to Section III. 1. A. for how to properly tighten and adjust quick release mechanisms.



NO!

**"MAX
EXTENSION"
MARK
SHOULD NOT
BE VISIBLE**



5

The Storage Position (Non-Folding Steering Column)

To place the non-folding steering column into the storage position, follow these steps:

1. Open the steering extender quick release.
2. Pull and hold out the safety index pin with one hand while removing the steering extender from the preload collar with the other hand.
3. The extender, stem, and handlebar assembly can now be placed securely near the ElliptiGO bike for storage.



2. Folding Steering Column

Some ElliptiGO bikes are equipped with a steering column that telescopes and folds. The folding steering column consists of the following components:

1. The base
2. The collar
3. The column
4. The steering extender
5. The collar quick releases
6. The extender quick release

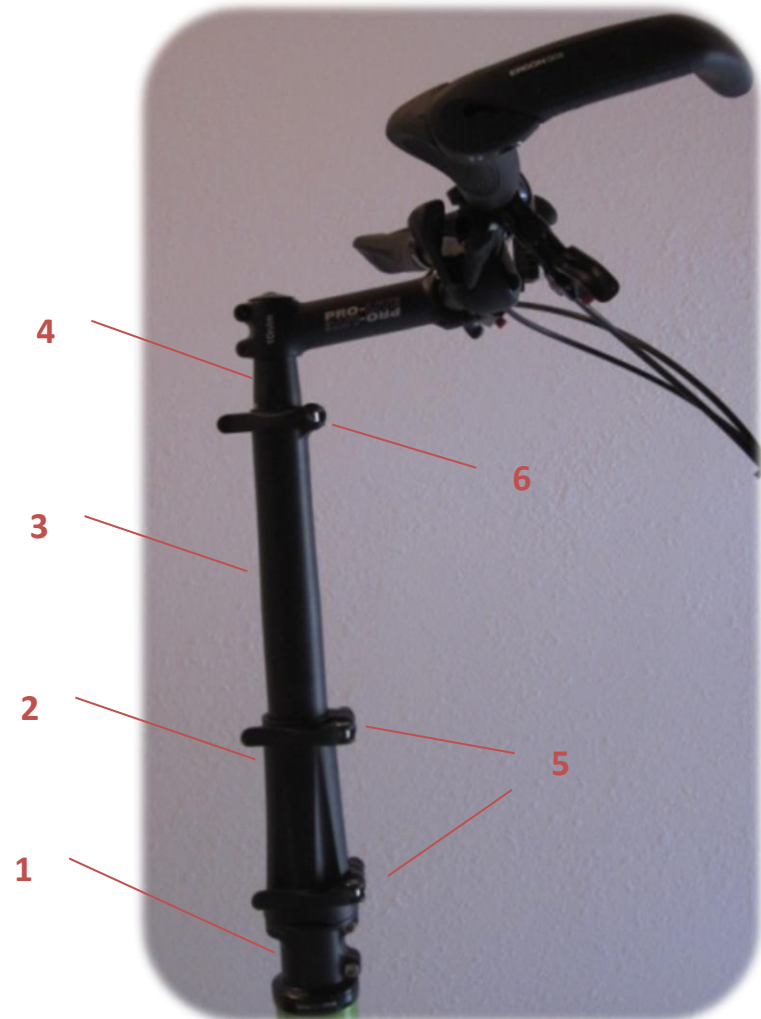
The telescoping action of the steering extender allows it to be easily raised or lowered via a quick release lever to accommodate different riders. The steering height has a total adjustable range of 150 mm.

To adjust the height of the steering extender, refer to the procedure outlined in Section II. 2. G. 2.

The folding action of this steering column features two positions:

- The riding position
- The storage position

⚠ WARNING! The steering column is one of the most important safety features on the ElliptiGO bike. Before you ride, it is critical that you ensure it has been secured properly in the riding position and the quick release lever is fully closed with the appropriate amount of tension. Failure to properly secure the steering column into the riding position before riding can result in the unexpected folding of the steering column and failure to secure the quick release can result in the unexpected collapsing or removal of the steering column extender, any of which will likely cause the rider to fall and be seriously injured or killed.



Folding Steering Column

The Riding Position (Folding Steering Column)

To place the folding steering column into the riding position, follow these steps:

1. Open both collar quick releases.
2. Slide collar back along steering column to clear pivot.
3. Rotate steering column upward until it is straight in-line with the steering base.
4. Rotate the collar so index mark is aligned with the **"OPEN"** marking on the right side of the steering column base.
5. Slide the collar down over the pivot until the bottom of the collar contacts the mating flange on steering base. ENSURE THAT THERE IS NO GAP BETWEEN THE BOTTOM OF THE COLLAR AND THE STEERING BASE MATING FLANGE!
6. Rotate the collar **clockwise** until index mark on the collar is aligned with **"LOCK"** marking on the back of the steering column base.
7. Close both collar quick releases to lock the steering column into the riding position.

Note: Refer to Section III. 1. A. for the procedure for proper tightening and adjustment of quick release mechanisms.

⚠ WARNING! ENSURE THE "MAX EXTENSION" MARK ON THE STEERING EXTENDER IS BELOW THE COLUMN QUICK RELEASE! Raising the steering extender so that the "MAX EXTENSION" mark is above the top of the column could result in the steering extender breaking during operation or being pulled out of the column, causing the rider to fall. Never use your ElliptiGO when the "MAX EXTENSION" mark is visible above the column.



The Storage Position (Folding Steering Column)

To place the folding steering column into the storage position, follow these steps:

1. Open both collar quick releases.
2. Rotate collar 90 degrees **counter-clockwise** until index mark on collar lines up with **"OPEN"** mark on base.
3. Slide collar up above folding pivot.
4. Fold the steering column inward toward the center of the bike 90 degrees.
5. Slide the collar back so the groove on the collar engages the steering base.
6. While holding the collar tight against the steering base, close both collar quick-releases to lock into the storage position.

Note: Refer to Section III. 1. A. for the procedure for proper tightening and adjustment of quick release mechanisms.



D. Proper Handling & Carrying Procedure

Picture 1 to the right demonstrates the proper method for handling, lifting or carrying your ElliptiGO. The bike should be handled with one hand on the frame member which goes over the top of the rear wheel and the other hand on the steering column.

Picture 2 demonstrates an improper handling method which could result in bodily injury to the user.

▲ CAUTION! The ElliptiGO should never be picked up by any of the moving mechanism components such as the drive arms, crank arms, chain, chain ring or rear wheel. Doing so could cause your hand, wrist or arm to get pinched by the mechanism potentially causing a significant injury.



1



2

E. Kickstand Operation

The ElliptiGO is equipped with a very stable double leg kickstand. To operate the kickstand, follow these steps:

1. Retracting the Kickstand - To retract the kickstand grab the steering column with one hand and the frame member which goes over the top of the wheel with the other hand. Lift the back of the frame while kicking the kickstand in the rearward direction as shown.
2. Extending the Kickstand - To extend the kickstand grab the steering column with one hand and the frame member which goes over the top of the wheel with the other hand. Lift the back of the frame while kicking the kickstand in the forward direction as shown.

ALERT! DO NOT STAND ON BIKE WITH KICKSTAND EXTENDED.

STANDING ON THE BIKE WITH THE KICKSTAND EXTENDED CAN CAUSE A FALL OR DAMAGE YOUR FRAME AND KICKSTAND, VOIDING YOUR WARRANTY.



Kickstand Extended



Kickstand Retracted



1



2

F. Pre-Ride Safety Checklist

Before riding, always visually and physically inspect the ElliptiGO to ensure that it is in good riding condition. With the bike supported on its kickstand, you should inspect the bike using the following checklist prior to each ride:

1. Thoroughly examine the front and rear tires on both sides for signs of damage (this will require you to spin the tire periodically to observe the part that was contacting the ground). Use a tire gauge to ensure that each tire is inflated to the proper pressure annotated on the tire's sidewall. Adjust the tire pressure if necessary.
2. Inspect the front wheel quick release system to make sure that the hub is securely seated on the fork and that the quick release has been closed properly with the appropriate amount of force. The mechanism should emboss the fork-ends when closed to the locked position. See Section III. 1. A. Quick Release Clamping Systems for details on how to ensure the quick release is securely fastened.

▲ WARNING! An improperly secured quick release lever on the front wheel can allow the wheel to disengage from the fork. This condition is exceptionally hazardous and will cause the rider to suffer a fall that will almost certainly result in serious injury or death. BEFORE RIDING ALWAYS ENSURE THE FRONT WHEEL QUICK RELEASE IS PROPERLY SECURED.

3. With the kickstand retracted, raise the front end of the bike off of the ground several inches and then drop it. Watch and listen for unusual movements or noises as the bike strikes the ground. If you hear an unusual noise, continue this test until you can locate the problem. Do not ride the ElliptiGO until the problem is resolved. When in doubt, take the bike to a professional bicycle mechanic for service or contact our service department at service@elliptigo.com.
4. Inspect the wheels to ensure that they are true. Spin each wheel and watch it to make sure it does not have a side-to-side wobble. Also, make sure that the wheel does not rub intermittently against one or both brake

pads. Any side to side wobble or intermittent rubbing indicates that the wheel is out of true.

▲ WARNING! A wheel that is not true can present a very dangerous situation because it interferes with the proper functioning of the brakes. It requires expertise and proper tools to correctly true a wheel. Always have a professional bicycle mechanic true your wheels. Riding on a wheel that is not true could cause you to lose control and suffer a fall.

5. Make sure that the rims are not damaged or worn out, that the tops of the rims are securely engaging the tire at the rim bead, and that the rim braking surfaces are clean and undamaged. Feel the rim on both sides to make sure the wear indicator is still present and that there is no bowing or damage to the rims. They should be flat and smooth with a pronounced wear indicator groove.

▲ WARNING! Riding on damaged rims, worn out rims or rims that do not secure the tire is extremely dangerous. Rims in these conditions can catastrophically fail without notice, causing the rider to fall and be seriously injured or killed. CHECK YOUR RIMS BEFORE RIDING!

6. Inspect the spokes on the front and rear wheels to ensure that none are missing, that they are all tight, and that they are all properly aligned.
7. Inspect the front and rear brake pads to ensure they are in good condition and securely attached.
8. Actuate the front and rear brake levers while watching the brakes to make sure that both are functioning properly and that each pad contacts the wheel rim in the correct position. Check that the brake elbow is seated into the brake quick release system and the brake cable is seated into the top end of the elbow and is free from pinches or sharp turns. Ensure that the brake pads contact the rim within the first inch of pulling on the levers and each brake pad lands completely on the rim. No brake pad should contact the tire or overhang off of the rim and you should be able to apply full braking power before the levers contact the handlebars.

If your brakes are not working properly, do not ride the ElliptiGO bike. Instead, take your bike to a professional bicycle mechanic to have the brakes adjusted.

▲ WARNING! Improper brake alignment and functioning can result in the rider losing control of the ElliptiGO bike and suffering a fall, which can result in significant injury or death. Always make sure your brakes are working properly before riding.

9. Thoroughly inspect the steering column to ensure that all components are properly aligned and the quick release levers on the collar are securely fastened. See Section II. 2. G. 2 Adjustable Steering Height for details on how to properly adjust steering column components. See Section III. 1. A. Quick Release Clamping Systems for details on how to ensure the quick release is securely fastened.

▲ WARNING! Failure to properly secure the steering column could result in the unexpected collapsing of the steering column during riding. This would likely cause the rider to lose control of the ElliptiGO bike and suffer serious injury or death from a resulting fall.

10. Ensure that the handlebars are aligned properly with the front wheel and that the steering extender quick release is securely fastened. See Section III. 1. A. Quick Release Clamping Systems for details on how to ensure the quick release is securely fastened.

▲ WARNING! Failure to secure the steering extender quick release properly could result in an unexpected rotation, collapsing or removal of the steering extender during a ride. This could cause the rider to lose control and suffer a fall, resulting in significant injury or death.

11. Test the grips and bar ends (if any) on the handlebars. They should be in good condition and securely fastened so that they cannot be rotated. Improperly secured grips and bar ends can detach from the handlebars during riding and cause the rider to lose control and fall.

12. Ensure that each end of the handlebar is capped with a smooth surface. A handlebar end can have sharp edges that, if exposed, can cut a rider or exacerbate injuries sustained during a fall.

13. Actuate the gear shifter, shifting up and down to ensure the gear shifter is shifting smoothly in both directions.

14. Inspect each load wheel to ensure that there are no cracks or chips and it operates properly. Spin each one individually so you can see and feel the entire circumference of the wheel. Check each guide track to make sure that it is free from debris.

▲ WARNING! A cracked load wheel can come apart while riding, causing the drive arm to get jammed and resulting in a fall. IF YOU FIND A CRACK IN YOUR LOAD WHEEL DO NOT RIDE YOUR ELLIPTIGO UNTIL THE LOAD WHEEL HAS BEEN REPLACED. Contact service@elliptigo.com for replacement load wheels and instructions for how to replace them.

15. BY PLACING YOUR HAND ON THE FOOT PLATFORM rotate the drive mechanism to ensure it is functioning properly.

▲ CAUTION! NEVER GRAB THE REAR OF THE DRIVE ARM as your hand can get caught between the drive arm and the cranks and suffer an injury

16. Visually inspect each drive arm carefully to ensure each has no visible signs of damage, especially cracking. Make sure you inspect both to the top and bottom of each drive arm. If a drive arm has visible signs of damage or cracking, DO NOT RIDE the bike. Instead, contact our service department at service@elliptigo.com for support.

▲ WARNING! Some ElliptiGO bikes are equipped with drive arms made from a composite material commonly known as carbon fiber. Although it is a strong and light material, when it fails, it tends to fail catastrophically and with little or no warning. As a result, it is extremely important to inspect the drive arms thoroughly before riding to ensure that there are no signs of cracking. If you spot damage on a drive arm, DO NOT RIDE the bike. Instead, contact our service department at service@elliptigo.com for support.

17. Visually inspect the frame to ensure it is free from damage.

18. Check the adjustment on the internal hub. *Shimano 11-speed*: Make sure that the gear shifter is in 6th gear and then look into the alignment window. Ensure that the yellow indicators are aligned. *Shimano 8-speed*: Make sure that the gear shifter is in 4th gear and then look into the alignment window. Ensure that the yellow indicators are aligned. *Sturmey-Archer 3-speed*: Make sure that the gear shifter is in 2nd gear and ensure that the tip of yellow arrow is between the two yellow marks. If the yellow indicators or arrow are not aligned, take your ElliptiGO bike to a professional bicycle mechanic or ElliptiGO technician to have the hub adjusted.

▲ WARNING! NEVER RIDE ON AN INCORRECTLY ADJUSTED HUB. If your hub is not properly adjusted, it can malfunction during normal riding. For example, it can unexpectedly come out of gear, fail to shift, or shift unexpectedly. Any of these situations can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

19. Ensure that the chain has the appropriate amount of tension and is clean and lubricated. With rotation of the chain, you should feel “tight spots” and “loose spots” because the large and small cogs are not perfectly round. The chain has the appropriate amount of tension when it is tight without binding thru the entire revolution of the crank arm.

20. Check that the bolts holding on the rear wheel and internal hub are tightened appropriately. For torque specification refer to Appendix C: - “Torque Requirements for Screws and Fasteners”.

21. If you have toe cages mounted on your drive arm foot platform, ensure that they are properly adjusted for the shoes you are wearing.

22. Ensure that you have a set of spare parts including at least one replacement tube, tools, and pump and they are securely and safely fastened to you or the ElliptiGO bike.

23. Finally, do a thorough once over of the entire ElliptiGO bike, including checking each screw, bolt, fastener, and quick release system to make sure nothing is loose, damaged or appears like it will not function properly. To

make sure that the many fasteners on your ElliptiGO bike are correctly tightened, refer to Appendix C: Torque Requirements for Screws and Fasteners.

▲ WARNING! It is very important that your screws, fasteners and quick release levers are properly tightened. Not applying enough force increases the chance that they will become loose and fail to perform their function properly, increasing the risk of a failure. Over tightening them can damage the fastener, elevating the risk of a failure. The failure of a fastener or improper tensioning on a quick release may lead to a component failure that causes the rider to lose control and suffer a fall.

Ensuring that your screws and fasteners are tightened correctly requires the skillful use of a torque wrench and we strongly recommend having a professional bicycle mechanic tighten them. If you would prefer to tighten the screws and fasteners yourself, you must use a calibrated torque wrench and ensure you reach the correct torque as specified in Appendix C: Torque Requirements for Screws and Fasteners.

From time to time, it is possible that you will need to adjust screws or fasteners during a ride. In these rare situations, you must exercise the utmost of care and we recommend having a professional bike mechanic check the fasteners you adjusted as soon as you can.

G. Adjusting the Fit

The ElliptiGO is designed to be adjustable to fit a wide range of riders and has four adjustable features:

1. Adjustable stride length
2. Adjustable steering height
3. Rotatable handlebars
4. Oversized foot platforms

Before you begin to ride, it is important to properly adjust these features to the appropriate positions.

1. Adjustable Stride Length

The crank arms are designed to allow four different mounting positions for the drive arms. Each mounting position generates a different stride length for the ElliptiGO bike according to the following table:

Mounting Position	Stride Length [in.]
One	16
Two	19
Three	22
Four	25

To adjust the stride length, follow these steps:

1. Place the bike on the kickstand. If the bike is equipped with a drive arm axle retention screw (1.a), proceed to step 2. If it does not have a drive arm axle retention screw (1.b), skip step 2 and proceed to step 3.

NOTE: If the bike has a silver drive arm axle, it should be equipped with a drive arm axle retention screw. If you believe you are missing a drive arm retention screw, contact service@elliptigo.com for a replacement.

2. Looking at the bike from the left side, use a 2.5mm Allen wrench to loosen the right drive arm axle retention screw. Rotate the Allen wrench **clockwise** until the screw is completely removed.
3. Insert a 6mm Allen wrench into the back of the right drive arm axle. While holding the drive arm still, rotate the Allen wrench **clockwise** until the drive arm axle is completely unscrewed.
4. Remove the washer from the crank arm counter-bore and insert it into the counter-bore of the new position.

(Continued on next sheet)



1.a – With retention screw



1.b – Without retention screw



2



3



4

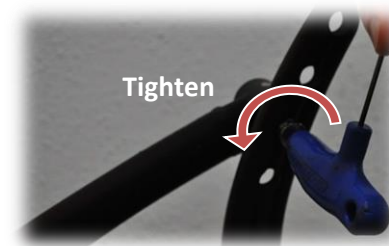
(Continued from previous sheet)

5. Insert the drive arm axle into the new mounting position on the right crank arm. Using a 6mm Allen wrench on the back of the drive arm axle, rotate it counter-clockwise (still looking at the bike from left side) to tighten it. While tightening, ensure that the washer stays seated flat into the counter-bore on the crank arm. Torque to 34 N-m. If the bike is equipped with a drive arm axle retention screw, proceed to step 6. If it does not have a drive arm axle retention screw, skip step 6 and proceed to step 7.
6. Insert the right drive arm axle retention screw into the back of the drive arm axle. Using a 2.5 mm Allen wrench, turn the right drive arm axle retention screw counter-clockwise until the flange (shown in 6.b) is flush against the drive arm axle. **DO NOT OVER TIGHTEN** the screw.
7. Repeat steps 2-6 for the left drive arm.

NOTE: To loosen the left drive arm axle retention screw and left drive arm axle, turn **counter-clockwise** (looking at the bike from the right side); to tighten turn **clockwise**.



5



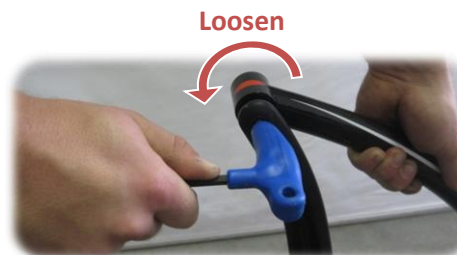
6



6.a



6.b



7

2a. Adjustable Steering Height (Non-Folding Steering)

The steering extender can be easily raised or lowered via a quick release lever and safety index pin to accommodate different riders. It has a total adjustable range of 160 mm.

To adjust the steering extender height, follow these steps:

1. Place the bike on the kickstand.
2. Open the steering extender quick release.
3. Pull and hold out the safety index pin with one hand while sliding the steering extender to the desired position with the other hand.



⚠ WARNING! ENSURE THE "MAX EXTENSION" MARK ON THE STEERING EXTENDER IS BELOW THE TOP OF THE COLLAR! Riding while the "MAX EXTENSION" mark is above the collar could result in the steering extender breaking during operation or being pulled out of the collar, causing a fall. Never use the ElliptiGO with the "MAX EXTENSION" mark above the collar.

4. Align the desired extender hole with the safety index pin and release the pin. The pin should spring completely back into place so that none of the red markings are visible.



⚠ WARNING! INDEX PIN SHOULD BE FULLY SEATED SO THAT NO RED MARKINGS ARE VISIBLE AFTER HEIGHT ADJUSTMENT. Failure to fully seat the index pin could result in the steering column collapsing during operation. This would likely cause the rider to lose control and fall.

5. Secure the steering extender quick release lever with the proper amount of force so that the lever leaves an impression in the palm of your hand. Refer to Section III. 1. A. for the procedure for proper tightening and adjustment quick release levers.

⚠ WARNING! Securing the quick release properly is critically important. Failure to do so could result in the steering column collapsing or being removed unexpectedly while riding, causing the rider to fall.



2b. Adjustable Steering Height (Folding Steering Column)

The steering extender can be raised or lowered via a quick release lever to accommodate different riders and has a total adjustable range of 150 mm.

To adjust the height of the steering extender follow these steps:

1. Place the bike on the kickstand.
2. Unlock the quick release lever.
3. Raise/lower handlebars to desired height.

⚠ WARNING! ENSURE THE "MAX EXTENSION" MARK ON THE STEERING EXTENDER IS BELOW THE TOP OF THE COLLAR! Riding while the "MAX EXTENSION" mark is visible above the collar could result in the steering extender breaking during operation or being pulled out of the collar, causing a fall. Never use the ElliptiGO bike with the steering extender "MAX EXTENSION" mark situated above the collar.

4. Rotationally align the handlebars so that the steering extender groove is centered on the steering column notch.
5. Secure the steering extender quick release lever with the proper amount of force so that the lever leaves an impression in the palm of your hand. Refer to Section III. 1. A. for the procedure for proper tightening and adjustment quick release levers.

⚠ WARNING! Securing the quick release properly is critically important. Failure to do so could result in the steering column collapsing or being removed unexpectedly while riding, causing the rider to fall.



3. Rotatable Handlebars

The handlebars are designed to enable the rider to move the controls closer to or further away from the rider. Because adjusting the handlebars will require re-positioning the controls, this should only be done by a professional bicycle mechanic or ElliptiGO technician. Positioning the controls correctly is a fundamental requirement for the safe operation of the ElliptiGO bike and should only be done by a trained professional.

4. Oversized Foot Platforms

The foot platforms are designed to enable the rider's foot to be placed in different positions, thereby modifying the pedaling profile and workout experience.

In addition to these adjustable features, prior to riding you should also ensure that the following components are set correctly:

1. The Controls

You should have a professional bicycle mechanic adjust the location and angle of the brake levers, grips, bar-ends (if present), and trigger shifters on your ElliptiGO bike so that they align properly for your hands and riding position. Positioning the controls correctly is a fundamental requirement for the safe operation of the ElliptiGO bike and should only be done by a trained professional.

2. Brake reach

The reach (the distance from the handlebar grip to the brake lever) on the ElliptiGO bike brake levers can be adjusted to accommodate a range of hand and finger sizes. You should have a professional bicycle mechanic adjust the reach for you.

▲ WARNING! Because the braking force is created by pulling on the brake levers, the shorter the reach, the more important it becomes to have brakes that are adjusted correctly. If the brake levers do not have enough space to fully actuate the brakes (because the reach has been shortened), you will not be able to employ full braking power. This will likely increase your stopping distance and, in an emergency, increase the chance you will be unable to avoid a dangerous obstacle or condition, resulting in serious injury or death.

3. Steering Column

As discussed in the Pre-Ride Checklist, it is extremely important that the steering column be locked correctly in the riding position, that the quick release levers are properly tensioned and closed and that the safety pin (if present) is fully inserted into a hole on the steering extender. Before riding, always ensure that the steering column is properly secured.

▲ WARNING! Failure to properly lock the folding steering column could result in the unexpected collapsing of the steering column during riding. Failure to properly secure the quick release lever and fully seat the safety pin (if present) on the steering extender could result in the steering extender unexpectedly collapsing or being removed while riding. Any of these situations would certainly cause the rider to lose control of the ElliptiGO bike and suffer serious injury or death from a resulting fall.

H. Familiarization Ride

Before heading out into traffic on a “real ride,” you should become familiar with riding your ElliptiGO in a controlled environment until you can handle the bike well enough to ride safely in an uncontrolled environment. If you have not already adjusted the bike to fit you correctly, follow the instructions above in Section II. 2. F. Adjusting the Fit. Once the ElliptiGO bike is properly adjusted, follow these instructions to familiarize yourself with how it functions.

1. Find a Good Location

Bring the bike to a controlled, dry, paved location free of obstacles and traffic that is large enough to maneuver your ElliptiGO safely. A closed-off or empty parking lot that is at least 100 yards by 40 yards (about the size of a football field) could be a good spot.

2. Put on Your Helmet, Appropriate Clothing, and Protective Gear

Every year thousands of cyclists suffer head and neck injuries as a result of collisions or falls. Some of these head injuries could have been reduced in severity or avoided entirely if the rider were wearing a Department of Transportation approved helmet properly at the time of the fall or collision. Every helmet is different and each helmet comes with a set of instructions addressing how to properly fit and adjust the helmet, as well as how to care for it. Follow these instructions to properly adjust your helmet before you begin riding your ElliptiGO.

▲ WARNING! When riding the ElliptiGO, your head will be much higher off the ground than it would be on a regular bicycle. As a result, you could suffer even more damage to your head as a result of a collision or fall than you might if you were riding a conventional bicycle. Do not become another statistic; always wear a properly fitting helmet when riding your ElliptiGO bike. Failure to do so could result in significant injury or death.

In addition, make sure that you are wearing brightly colored and well-fitting clothes, protective eyewear, and closed-toe shoes. Never ride the

bike in sandals or barefoot. Check to make sure nothing is dangling from your body or is so loose that it could contact any of the ElliptiGO’s moving parts. In particular, make sure that your shoestrings are too short to get caught in the moving mechanisms, especially the rear wheel, chain, sprockets, drive arms, and load wheels.

3. Inspect the ElliptiGO Bike and Get Familiar with the Brakes and Gear Selector Levers

Execute the pre-ride inspection according to the checklist above. Then, with the ElliptiGO situated securely on the kickstand, practice squeezing the brakes and actuating the gear shifter.

4. Start Your First Practice Run

Once you are familiar with operating the brakes and gear shifter, have your helmet on, and have the appropriate clothes and other safety gear, set the gear indicator in speed number 5 for Shimano 8-speed or 11-speed hubs or speed number 1 for Sturmey-Archer 3-speed hub. Collapse the kickstand. Place one foot on the ground and the other one squarely onto the flat portion of the corresponding foot platform. Like any other two-wheeled vehicle, the ElliptiGO bike can only be balanced when moving. To generate some forward motion, push off the ground with your ground-based foot and stand up onto your platform-based foot, balancing the ElliptiGO bike. Once you have your balance, place your ground-based foot onto the flat portion of the other drive arm. Begin to take slow strides as in walking to propel the ElliptiGO bike forward slowly. Be very mindful of your height when riding. Your head will be 12-18 inches higher than your standing height, and there are many low-hanging objects like tree branches, signs, underpasses, and the like that could strike you on your ride if you are not paying attention.

▲ WARNING! During mounting and riding always ensure that each foot is resting squarely on the flat portion of the foot platform. If your foot is not placed correctly on the foot platform, it can slip off the platform, contact the frame, or get caught in the bike’s moving parts, any of which could cause you to lose control and suffer a fall.

▲ WARNING! YOUR HEAD IS VERY HIGH OFF THE GROUND WHEN RIDING AND COULD HIT STATIONARY OBJECTS. Always look out for objects like tree branches, signs, underpasses, etc. that are usually higher than pedestrians or cycling traffic, but may be low enough to strike you on your ElliptiGO. Hitting an object with your head while riding will likely cause you to lose control and fall, resulting in serious injury or death.

5. Test the Brakes

The ElliptiGO bike comes equipped with front and rear rim brakes actuated by levers attached to the handlebars. One brake lever operates the front brake and the other operates the rear brake. To test the brakes, start riding the ElliptiGO bike slowly and stop pedaling. Prepare to stop by standing upright in a balanced position. Gently apply braking pressure to the rear brake first, then to the front brake. Always apply the brakes in a smooth controlled manner until you come to a complete stop. As you approach a complete stop, make sure to place your foot on the ground to prevent yourself from falling.

▲ WARNING! Always apply the brakes in a smooth controlled manner. Start braking with the rear brake first, but always use both brakes to control speed. Applying the brakes too quickly or with too much force can result in a wheel “locking up” and the rider losing control and suffering a fall.

Some ElliptiGO bikes come equipped with bar extensions at the end of each handlebar. Although these extensions can be helpful for climbing hills, they position your hands further away from the brakes and shifters than when properly positioned on the grips. NEVER ATTEMPT TO BRAKE WITHOUT HAVING BOTH HANDS SECURELY POSITIONED ON THE HAND GRIPS. Braking with only one hand securely positioned on the hand grips and the other on the bar extensions can cause the rider to lose control of the bike and suffer a fall.

▲ WARNING! Always ensure both hands are securely positioned on the hand grips before braking. Braking with only one hand on the hand grips can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

6. Get familiar with Turning, Starting and Stopping the ElliptiGO bike

Ride the ElliptiGO bike for at least 20 minutes in this safe environment, ensuring that you make several starts and stops and right and left turns. Practice shifting through the gears and getting a feel for what gear is appropriate for you at different speeds. If something doesn't feel right or something happens that makes you unsure about any aspect of the ElliptiGO bike or the riding experience, stop riding and contact ElliptiGO customer service at: service@elliptigo.com to resolve the issue before attempting a subsequent ride.

3. Riding Techniques

Before any ride, we highly recommend executing the Pre-Ride Checklist in Section II. 2. E. above. **Do not ride the ElliptiGO without a helmet and proper clothing, including closed-toe shoes, ensuring that all of the components are working properly and all screws, fasteners and quick release levers are properly closed.**

Your ElliptiGO is an advanced piece of fitness equipment. It is designed to be used on paved surfaces for exercise. It is not a toy, nor is it designed to be used on trails, dirt, sand, gravel, or other rough surfaces. Moreover, it is never to be used for trick or stunt riding, or to be ridden off of jumps, curbs, ditches, drops or other extreme obstacles.

ALERT! Using your ElliptiGO bike improperly could cause serious damage to your ElliptiGO bike and void your warranty.

▲ WARNING! The ElliptiGO bike is exclusively designed for on-road use to get exercise. Riding on rough road surfaces or doing trick or stunt riding could cause one or more components to fail, which will likely result in a fall that could cause serious injury or death. ONLY USE THE ELLIPTIGO BIKE ON PAVED SURFACES AND DO NOT ENGAGE IN TRICK OR STUNT RIDING.

A. Riding on Level Ground

Once you have completed your familiarization ride and executed the Pre-Ride Checklist, you should be ready to start riding your ElliptiGO. Make sure you have selected a safe riding route comprised of a dry, paved bike path or bike friendly road. To get started, place the gear selector lever into the 5th position for Shimano 8-speed or 11-speed hubs or 1st position for Sturmey-Archer 3-speed hub. Collapse the kickstand and place one foot on the ground and the other one squarely onto the flat portion of the corresponding foot platform. Push off the ground with your ground-based foot and stand up onto your platform-based foot, balancing the ElliptiGO bike. Once you have your balance, place your ground-based foot onto the flat portion of the other drive arm. Begin to take slow strides as in walking

to propel the ElliptiGO bike forward slowly and gradually increase your cadence.

▲ WARNING! YOUR HEAD IS VERY HIGH OFF THE GROUND WHEN RIDING AND COULD HIT STATIONARY OBJECTS. Always be looking out for objects like tree branches, signs, underpasses, etc. that are usually higher than pedestrians or cycling traffic, but may be low enough to strike you on the ElliptiGO. Hitting an object with your head while riding will likely cause you to lose control and fall, resulting in serious injury or death.

Once you have reached a comfortable speed, begin working on your body position and cadence. Focus on standing upright and using your core muscles to provide balance. Drive the pedaling motion through the middle of your foot. Avoid lifting your heel and instead keep your entire foot engaged on the platform throughout the entire pedal stroke. Keep your weight centered over your legs and feet. Your hands should have almost no weight on them, and your arms should be relaxed. With the majority of your weight centered over your legs and feet and by using your core for balance, your hands should have a light touch on the handlebars and only be used for steering, shifting, and braking.

As a rule, you should always have two hands on the handlebars unless you are signaling. Unlike a conventional bicycle, the ElliptiGO cannot be ridden “with no hands.” Similarly, you should only use the bar extensions (if present) when climbing hills, and never in traffic or other situations that could require emergency maneuvers. NEVER ATTEMPT TO BRAKE WITHOUT HAVING BOTH HANDS SECURELY POSITIONED ON THE HAND GRIPS. Braking with only one hand securely positioned on the hand grips and the other on the bar extensions can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

▲ WARNING! Always ensure both hands are securely positioned on the hand grips before braking. Braking with only one hand on the hand grips can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

Also, be very mindful of your height when riding. Your head will be 12-18 inches higher than your standing height, and there are many low-hanging objects like tree branches, signs, underpasses, and the like that could strike you on your ride if you are not paying attention.

As you build up stamina and strength in your legs and core, you should find this riding position to be very comfortable. If not, please visit the support section of our website for videos on first time riders and riding techniques: www.elliptigo.com/support.

B. Climbing and Descending Hills

Be cautious when climbing and descending hills. Prior to reaching a hill to climb, prepare to shift into a lower gear. The steepness of the hill will determine which gear is the correct one to select. Once you have reached the hill, shift into the correct gear and apply power using the same riding technique that you use on level ground. If the hill is steep, lean forward to drive additional power from your quadriceps muscles. Use the gearing to keep the same comfortable cadence you enjoy when riding on level ground.

Some ElliptiGO bikes come equipped with bar extensions at the end of each handlebar. These extensions enable additional hand positions that can assist you to climb hills comfortably. They are not to be used when descending or riding on level ground. If you choose to use these extensions, you must realize that they position your hands further away from the brakes and shifters than when properly positioned on the grips. As a result, you will not be able to apply the brakes or shift gears when using the hand grips. Instead, you will need to reposition both hands to the hand grips before shifting or braking. This will take time and could prevent you from being able to avoid a collision in an emergency. As a result, only use the bar extensions when climbing and be extra cautious when using them. Never use the bar extensions when there are cars or other cyclists around because you will need immediate access to your brakes in case of an emergency. Once you have crested the hill, place both hands securely on the hand grips and continue riding as appropriate.

▲ WARNING! Always ensure both hands are securely positioned on the hand grips before braking. Braking with only one hand on the hand grips can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

As you crest the hill, shift up to accommodate your increase in speed while trying to keep the same cadence throughout.

When descending a hill, always make sure that you are traveling at a safe rate of speed. The preferred way to descend a hill is to “coast”. To coast, simply stop pedaling and stand on the ElliptiGO bike with your legs in a comfortable orientation. Use the brakes gently and frequently to control your speed. If you choose to pedal during a descent, make sure that you select the correct gear position (usually a “higher” gear) before starting to pedal. Pedaling while in an incorrect gear can cause the ElliptiGO bike to become unstable, so always ensure you are in the correct gear for the speed you are traveling before pedaling. When in doubt, slow down to a more comfortable speed and shift into a higher gear before pedaling.

C. Riding in Adverse Conditions

1. Riding in Wet Conditions

▲ WARNING! Water on the road and in the air will reduce your ability to control and maneuver the ElliptiGO bike. It also reduces the ability of motorists and other cyclists to control their vehicles. As a result, collisions and falls occur much more frequently in wet conditions. We strongly suggest not riding your ElliptiGO when the roadways are wet. If you must ride, always use extreme caution, and allow for extra stopping distance and room to maneuver.

Riding in wet conditions subjects you to a significantly increased risk of serious injury or death as a result of a collision with a motor vehicle, cyclist, or stationary object or a fall. We recommend not riding the ElliptiGO bike when the roads are wet, even if it isn't raining. This is because the contact between your tire and the road will cause moisture from the roads (and air) to be transferred onto your rims and

significantly reduce the performance of your brakes and increase your stopping distance. In addition, the decreased friction between your tires and the road surface will reduce your ability to maneuver the ElliptiGO bike and increase the chance that you will lose control while turning or stopping. This could result in a fall causing you serious injury or death. In addition, other cars and cyclists will experience similar effects, making it less likely that they will be able to avoid colliding with you during an emergency.

If you must ride when it is wet out, always use extreme caution. Wear very bright and visible clothing, and use front and rear lights. Consider attaching lights or highly visible colors to your helmet. Travel at a slower speed and choose less traveled roads with wide bike lanes or bike paths where possible. In situations that require braking (e.g., when approaching a turn, stop light or stop sign), start applying the brakes very early so you can gauge how much stopping power you have given the reduction in friction between the brake pads and the rims. Take turns slowly and watch out for painted features on the roads. These can become exceptionally slick when wet, so always try to avoid them.

Again, our strong recommendation is to avoid riding at all during wet conditions.

2. Riding at Night and During Periods of Low Visibility

▲ WARNING! Riding at night and during periods of low visibility significantly increases the likelihood of collisions and falls that can cause serious injury or death. Even with proper lighting, cyclists are difficult to see and are more likely to be struck by vehicles during periods of low visibility than during the day. In addition, dangerous road conditions are more difficult to spot and therefore, it is more likely that you will strike them. We strongly suggest not riding the ElliptiGO bike during periods of low visibility. If you must ride, always use lighting that complies with the laws in your area and ride with extreme caution.

Riding at night and during periods of low visibility significantly increases your risk of serious injury or death as a result of a collision with a motor vehicle, cyclist, or stationary object. We strongly recommend not riding the ElliptiGO bike at night or during periods of low visibility. Even with proper lighting and highly-visible clothing, cyclists are difficult to see. In addition, dangerous road conditions are much more difficult to spot in time to avoid them at night and during other periods of reduced visibility which drastically increases the likelihood you will suffer a fall because of them. Although your ElliptiGO bike is equipped with reflectors, they are not a substitute for the proper front and rear lighting systems.

▲ WARNING! Reflectors are not substitutes for adequate front and rear lighting systems. Never ride at night or during periods of low visibility without front and rear lights that meet the requirements of your local laws. Because cyclists are difficult for drivers, pedestrians and other cyclists to see, riding without lights in these conditions is reckless and significantly increases the likelihood of collisions and falls that can cause serious injury or death.

▲ WARNING! Do not remove the attached front and rear reflectors. They provide a valuable resource in alerting drivers and other cyclists that you are on the road and your direction of travel. Removing them will reduce your visibility when riding at all times, but especially during night and during periods of low light. This, in turn, will increase the chances that you will be struck by another vehicle while riding and be seriously injured or killed.

If you must ride at night or during other periods of reduced visibility, always use extreme caution. Always ride defensively, and make sure that drivers and other cyclists can easily predict any changes of speed or direction. Avoid abrupt stops or quick departures from your line of travel. Choose your path wisely, avoiding unlit or poorly lit roads, and including well-lit, low-traffic roads with wide bike lanes whenever possible.

Research the laws pertaining to night riding in your area and make sure that you comply with them. The law will likely require you to have a front and rear lighting system. Make sure that you use these devices and that the ones you purchase provide enough visibility for you to see and be seen easily. Wear light colored clothing and shoes that incorporate reflective materials into them; these can be purchased at most bicycle and running stores. Add lighted and/or reflective accessories to your body, especially on your arms and legs and helmet. When lit or seen by reflective materials, the motion of your legs will help attract attention and demonstrate that you are a moving object on the roadway that needs to be avoided. Take advantage of your body size to become as visible as possible on the road. The easier you make it to be seen, the less likely it is that you will be hit by a vehicle because the driver does not see you.

Before riding, check to make sure that the faces of your reflectors are free from dirt and other obstructions, and that the reflectors are securely attached to their mounts, and that the mounts are securely attached to the ElliptiGO bike. If a reflector is damaged, replace it immediately. Also, make sure that your lights are working properly and bring a spare set of batteries. Check to ensure that your clothing or other objects will not obstruct your reflectors or lights.

Again, if you do not absolutely have to ride at night, don't - the risks likely outweigh the benefits.

D. Competitive and Group Riding

Riding in groups or organized events, whether competitive or recreational, brings additional risks that must be addressed but cannot be eliminated. By choosing to ride in groups, in events, or in competitions, you are voluntarily assuming an increased risk of serious injury or death. As a result, it is imperative that you exercise additional caution.

The ElliptiGO is designed to be used for exercise. If you choose to ride in events or competitions, we strongly encourage you to ride alone or with one other person and to always avoid large groups of cyclists. Before you ride in an event with other cyclists, make sure that you have the experience and skill necessary to take on the added challenges of riding close to other cyclists. Choose your event wisely and get to know the course ahead of time to make sure there will be ample room for you to maneuver away from packs of cyclists. Always speak with the race organizer to ensure that it will be safe to ride an ElliptiGO bike in the event and to find out what kind of support will be available.

▲ WARNING! If you choose to ride in a cycling event, make sure to avoid riding in large groups of cyclists. The ElliptiGO was not designed to be ridden in a pack of cyclists and cyclists may inadvertently collide with the ElliptiGO bike's moving mechanism – causing you and/or the cyclist to fall and suffer serious injury or death.

During competitive and recreational events, we strongly recommend against "drafting" behind other cyclists. Although drafting is a fundamental part of road biking, it is prohibited during elliptical biking events. The aerodynamics of the ElliptiGO riding position do not lend themselves to drafting and, as a result, the risks from being close to other cyclists far outweigh the benefits from any reduction in drag. Similarly, you should never crouch down or change your body position to reduce your drag as this will reduce your stability on the ElliptiGO and increase the likelihood that you will crash or fall and suffer serious injury or be killed.

If you choose to compete in events that have one or more steep downhill sections, again, stay in an upright and well-balanced position at all times. We strongly recommend coasting downhill and using the brakes to maintain a safe speed. Even using these techniques, it is possible for the ElliptiGO bike to reach speeds in excess of 40 mph. Traveling at that rate of speed drastically increases the likelihood of serious injury or death during a fall.

⚠ WARNING! Even though you may have seen photographs or video footage of people riding the ElliptiGO bike at high speeds, this does not indicate that this behavior is safe. Riding at high speeds is dangerous and can result in serious injury or death. Keep in mind that any high-speed maneuvers you may have seen were likely performed by professionals with extensive experience riding elliptical bikes. It is your responsibility to ride safely and within your abilities. Regardless of whether the riders in these photos or videos were using protective gear, always wear a helmet and protective clothing. Finally, it is essential that you understand that helmets and safety equipment can only reduce the amount of damage you suffer from a fall or crash – nothing can completely prevent injuries or death in every situation. As you increase your speed, the chances that your safety equipment will prevent serious injury or death should you crash or fall are reduced.

It is imperative that your ElliptiGO be in top working condition before entering any event or ride that includes a steep descent. Do not use an ElliptiGO bike that has any damaged parts or components. We recommend having your ElliptiGO carefully inspected by an ElliptiGO service expert or a trained bicycle mechanic who is familiar with the operation of the ElliptiGO bike and its components.

III. Components and Servicing

Part of being a safe and responsible cyclist is understanding how the components that comprise your ElliptiGO bike are designed to operate. This section is not intended to be a comprehensive service guide. Instead, we have placed this information here as a resource for you to assist in your

understanding of how these components function and so that you can operate your ElliptiGO bike safely. Most importantly, by learning this information you should be better able to recognize when your ElliptiGO bike is not operating as designed so that you can contact us or a professional bicycle mechanic to resolve the issue. If at any time you believe something isn't working properly on your ElliptiGO then DO NOT RIDE THE BIKE. Instead, contact us at service@elliptigo.com or take the ElliptiGO bike to a professional bicycle mechanic for assistance.

1. Components

A. Quick Release Clamping Systems

Your ElliptiGO bike is equipped with several quick release clamping systems: one on the front wheel and three on the folding steering column or one on the non-folding steering column. Riding with improperly adjusted quick release clamping systems is very dangerous, so you must become knowledgeable about their functioning in order to operate the ElliptiGO bike safely.

The quick release clamping systems are designed to enable the rider to generate a significant amount of clamping force by using the lever and cam action. Each quick release clamping system has three parts – a lever on one end, a nut on the other end, and a skewer in the middle. The clamping force is generated by closing the lever to exert a pushing force against the surface nearest the lever while generating a pulling force against the surface nearest the nut. Both the nut and lever are constrained by the skewer. This cam-action system can generate significantly more force than using the lever to screw-down onto the surface can. Because the clamping force required to keep the wheel onto the forks and to keep the steering column extender in place is more than a typical person can generate using the lever as a screw, it is imperative that you attach the wheel and clamp down the steering extender by using the cam action.

▲ WARNING! An improperly adjusted quick release lever can allow the steering extender to unexpectedly collapse or be removed from the column or collar or the front wheel to become loose or detach from the fork. Any of these situations could cause the rider to lose control of the ElliptiGO bike and suffer a serious injury or be killed. **IT IS CRITICAL THAT YOU UNDERSTAND HOW TO OPERATE THE QUICK RELEASE LEVERS AND THAT YOU CHECK THE SECURITY OF ALL QUICK RELEASE LEVERS BEFORE EVERY RIDE.**



Adjusting the Quick Release Mechanism

The amount of clamping force is controlled by the tension adjusting nut.

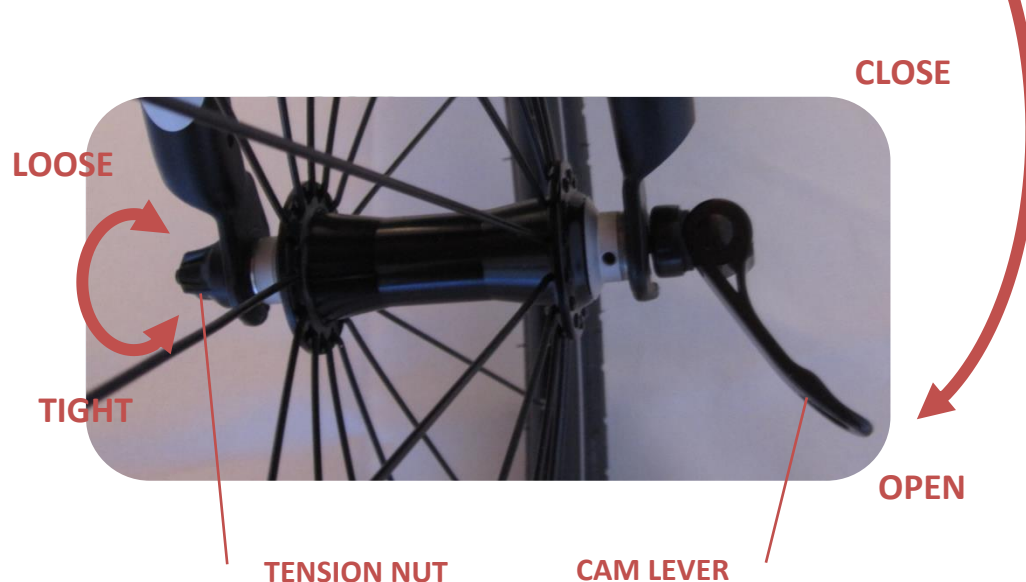
To increase clamping force, turn the tension nut **clockwise** while holding cam lever fixed with the other hand.

To decrease clamping force, turn the tension nut **counter-clockwise** while holding cam lever fixed with the other hand.

A QUARTER TURN OF THE TENSION ADJUSTING NUT CAN MEAN THE DIFFERENCE BETWEEN A SAFE CLAMPING FORCE AND AN UNSAFE CLAMPING FORCE.

To check the clamping force, attempt to close the quick release lever. If you can close the quick release lever completely without using the fork or steering extender for leverage, and the lever closes without leaving an impression in your hand, then the quick release system does not have enough clamping force. If while using one hand on the fork or steering extender for leverage you cannot completely close the lever with the other hand, then the quick release system has too much clamping force.

If there is too little clamping force, tighten the nut one-quarter turn and try clamping again. Repeat this until closing the lever requires grabbing the fork or steering extender and leaves a mark in your hand. If there is too much clamping force, loosen the nut one-quarter turn and try clamping again. Repeat this until you can close the lever by grabbing the fork or steering extender and doing so leaves a clear mark in your hand.



B. Brakes

As with most vehicles, properly functioning brakes are critical for the safety of the ElliptiGO bike rider and the people around him. Worn brakes, improper brake alignment, improper brake lever location or distance, and improperly adjusted brakes can impede the bike's stopping power and drastically increase the likelihood of a collision with another vehicle or stationary object. Similarly, improper brake actuation can cause one or both of the wheels to lock up and the rider to lose control of the bike, making it likely that the rider will fall and sustain serious injuries or be killed. Therefore, it is essential that the rider understands how to properly apply the brakes, and what constitutes proper brake alignment and adjustment.

The brakes on the ElliptiGO bike are the primary means for controlling the speed of the bike, including bringing it to a stop. The ElliptiGO bike comes equipped with front and rear rim brakes actuated by hand levers attached to the handlebars. One lever actuates the front brake and the other lever actuates the rear brake.

Each brake has a quick release mechanism that enables the respective wheel to be removed without deflating the tire. This mechanism includes a metal "elbow" and pivoting elbow cage. When the brake quick release is in the closed position, the elbow is constrained by the end of the elbow cage and the brakes can be operated properly. When the brake quick release is in the open position, the elbow is detached from the elbow cage, and the brakes cannot be operated. The picture below illustrates the brake quick release being unlatched.



⚠ WARNING! Always check to ensure that the brake quick release system is properly closed before riding your ElliptiGO. If the brake quick release is not in the closed position, the brake will be inoperable. Inoperable brakes drastically reduce the stopping power of the ElliptiGO bike, increasing the likelihood that the rider will collide with another object and suffer a serious injury or death.

The correct way to apply the brakes under normal stopping conditions is to gently actuate both levers, having the rear brake engage the rear rim first and then slowly applying the front brake until it engages the front rim, then applying force to lever simultaneously to bring the bike to a smooth, controlled stop.

However, there is more to it than this, especially in emergency braking situations. Braking force is at its peak just before a wheel "locks up" and starts to skid. Once a wheel locks up, the braking force is greatly reduced and, more importantly, the bike becomes extremely difficult to control. The important skill to learn to optimize braking effectiveness is how to get to the maximum braking force quickly but without locking up a wheel. This is best done by smoothly but efficiently increasing the braking force until maximum braking force is reached, as opposed to pulling the brakes to the point of maximum braking force immediately, which will likely result in overshooting on one or both brakes, causing tire lock up and skidding.

⚠ WARNING! Always apply the brakes in a smooth controlled manner. Start braking with the rear brake first, but always use both brakes to control speed. Applying the brakes too quickly or with too much force can result in a wheel "locking up" and the rider losing control and suffering a fall.

To complicate matters, as you slow down, inertia will cause your body weight to move forward. The quicker you slow down, the quicker your body weight will shift. This effect makes avoiding rear wheel lock up even more challenging because one of the variables that determine when a wheel will lock up is the amount of weight supported by that wheel. The lighter the

weight, the less force required to lock up the wheel. As a result, proper braking requires an adjustment for this shift in body weight as well as an active effort on the part of the rider to minimize this effect by consciously shifting his weight rearward during braking. However, usually to accommodate for this shift in body weight, the rider should apply more braking force to the front wheel and less to the rear wheel as the overall rate of deceleration increases and the rider's weight is disproportionately borne by the front wheel. This weight distribution inequality becomes even more pronounced when braking downhill. The declined slope encourages a greater shift in weight towards the front wheel during deceleration, increasing the likelihood of a rear wheel lock up and requiring more braking force to be placed on the front wheel during an emergency stop.

Also, as discussed above, wet road conditions greatly reduce the stopping ability of the bike. The rim brakes on your bike rely on friction between the brake pad and the rim to retard rotation of the wheel. A wet rim will reduce the amount of friction that can be generated, especially at the initial stages of braking. Similarly, a wet road surface reduces the amount of traction for the tires, allowing the wheels to lock up more easily. These are two of the primary reasons why we discourage riding during wet conditions. If you must ride when the roads are wet, then the best way to adjust for this loss in stopping power is to travel more slowly, pay more attention to potential hazards around you, and to begin braking much earlier than you otherwise would.

The best way to become effective at braking, especially emergency braking, is to practice. Seek out a safe, controlled environment with a well maintained, dry, level paved surface and practice braking for 30 minutes. This small investment of time can result in much improved braking skills, which could mean the difference between life and death on the road. In addition, always inspect your brakes and rims to make sure that they are clean and dry. Dirt or other debris on the surface of your rims or brakes can also reduce your stopping power and should be removed prior to riding.

Finally, brakes wear out by design. Regular use of your ElliptiGO bike will require regular replacement of brake pads. Every time you inspect the bike,

make sure your brakes and brake pads are in good working order and that your pads are not worn out. If any part of the pad has been worn away to the indicator groove, then they need to be replaced. Also, if during an inspection a professional bicycle mechanic or ElliptiGO technician indicates that you need new pads, have them replaced. Have your professional bicycle mechanic select an appropriate replacement pad, install it for you, and adjust the brakes so they function properly again.

C. Wheels, Tires and Tubes

Your ElliptiGO bike comes equipped with a 20" spoked wheelset, high-pressure clincher-style tires and presta-valve tubes. These comprise the system that actually connects the bike to the ground, so it is important that you understand how they function and how to take care of them.

1. Wheels

Your front wheel consists of a clincher-style aluminum rim, 32 spokes, a hub and a quick release clamping system. Your rear wheel consists of a clincher-style aluminum rim, 32 spokes, an internally geared hub, a left and a right locking washer and two nuts. As discussed above, there are several critical aspects about your wheels that you need to be aware of.

a. True

To perform safely on the road, your front wheel must be "true." A wheel is true when all of the spokes are aligned such that there is no side to side wobble when the wheel is rotated about the hub. Truing a wheel requires special tools and skills and should always be done by a trained bicycle mechanic.

▲ WARNING! A wheel that is not true can present a very dangerous situation because it interferes with the proper functioning of the brakes. It requires skill and proper tools to correctly true a wheel. As a result, we strongly recommend taking the ElliptiGO bike to a professional bicycle mechanic to have your wheel trued prior to riding. Riding on a wheel that is not true could cause you to lose control and suffer a fall.

b. Rim surface

Your rim should have no visible signs of wear and be free from damage, including cracks, ruts or chips. To check for wear, find the wear indicator groove on the rim and ensure that it is still easy to feel depth in the groove below the rim surface. If you cannot locate the groove, DO NOT RIDE your ElliptiGO. Instead contact service@elliptigo.com or take your bike to a certified bicycle mechanic. In order to ensure proper braking, the rim surface must be clean and dry.

▲ WARNING! Never ride on a rim that is worn below the wear indicator groove, a rim that is bowed, or a cracked rim. Not only does a worn, bowed or cracked rim reduce stopping power, but it will eventually break, likely without warning. If your rim breaks it will almost certainly cause the tire to come loose and the rider to suffer serious injuries or death from a resulting fall.

c. Spokes

Each spoke plays a critical role in providing wheel strength, performance and alignment. Loose spokes and over-tightened spokes can both present dangers to the rider. Ensuring that your spokes are in proper tension requires special tools and skills and should always be done by a trained bicycle mechanic.

d. Quick release clamping system

As discussed above, your front wheel is held onto the front fork by the use of a quick release clamping system. An improperly attached front wheel can result in catastrophic injury to the rider. To ensure your front wheel is properly attached to the front fork, follow the steps below and review the information in Section III 1. A. Quick Release Clamping Systems above.

▲ WARNING! An improperly adjusted quick release lever can cause the front wheel to become loose or detach from the fork. A front wheel detaching during operation would be catastrophic, causing the rider to lose control of the ElliptiGO bike and suffer a serious injury or be killed. IT IS CRITICAL THAT YOU UNDERSTAND HOW TO OPERATE THE QUICK RELEASE LEVERS AND THAT YOU CHECK THE SECURITY OF THE FRONT WHEEL QUICK RELEASE SYSTEM EVERY TIME YOU RIDE THE BIKE.

Front Wheel Removal

To remove the front wheel, follow these steps:

1. Place the bike on the kickstand.
2. Pull the brake calipers into the rim with one hand while releasing the brake cable with the other.
3. Open the quick release lever on the front wheel. Loosen the tension nut with one hand while holding the quick release lever fixed with the other hand. (Refer to Section III. 1. A. for more information on the operation of the quick release clamping system).
4. Remove the front wheel.



2



3



4

Front Wheel Installation

To install the front wheel follow these steps:

1. Place the bike on the kickstand.
2. Check rotational direction arrow on tire. Flip wheel, so arrow will rotate clockwise when riding.
3. Open the quick release lever on front wheel.
4. Insert wheel into fork drops. Press down on head tube of bike to ensure wheel is properly seated. If wheel is not wanting to seat, the tension nut may need to be loosened to allow for more clearance.
5. Adjust the quick release clamping force. Follow the procedure outlined in Section III. 1. A.
6. Once the quick release has been adjusted, open the lever. Now apply downward pressure to the frame and fork with the wheel resting on the ground, while at the same time closing the quick release lever.
7. Pull the brake calipers into the rim with one hand while securing the brake cable with the other.
8. Rotate the wheel while looking and listening for the brake pad rubbing. If rubbing is present, open the quick release and re-seat the wheel. IF BRAKE RUBBING PERSISTS DO NOT RIDE. Also check the rim to ensure it is free from damage, the wear indicator groove is visible and the rim sidewalls are flat and not bowed. If any of these conditions are present, DO NOT RIDE. Instead, consult a bicycle mechanic or contact ElliptiGO Customer Service.



2



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4



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8

Rear Wheel Attachment

Your rear wheel is secured by two nuts that engage locking washers in the horizontal drop-outs built into the bike frame. These locking washers are then engaged by a chain-tensioning screw. When the ElliptiGO bike is operating, the drive train applies a significant amount of rearward force through the chain to the rear wheel. The higher the force that is applied to the drive train, the more force there is pulling the wheel to the rear. As a result, it is imperative that these nuts be secured with the correct amount of force (30 N-m) to prevent the rear wheel from being pulled rearward during operation of the bike.

If the rear wheel moves even slightly during operation, the tire can contact the brakes or frame and the chain can become loose. If the chain comes off or the tires contact the brakes or frame, this could cause the rider to lose control and suffer a fall.

▲ WARNING! Always ensure that your rear wheel is on securely. If the rear wheel becomes loose it can cause the chain to come off or the tire to rub against the brakes or frame. This could cause the rider to lose control and suffer a fall.

Rear Wheel Removal

To remove the rear wheel, follow these steps:

1. Place the bike on the kickstand.
2. Pull the rear brake calipers into the rim with one hand while releasing the brake cable with the other.
3. Disconnect the shifter cable from the rear hub.
 - a. Shift the shifter for the rear hub into 8th gear for the Shimano 8-speed hub, 11th gear for the Shimano 11-Speed, or into 3rd gear for the Sturmey-Archer 3-speed hub.
 - b. Grab the cable housing and pull it out of hub shifter bracket.
 - c. With one hand rotate the spring loaded shifter pulley clockwise, while un-hooking the shifter cable with the other.
4. Remove the left and right chain tensioner assemblies using a 3mm Allen key.
5. Loosen both wheel nuts using a 15mm wrench.
6. Slide the rear wheel backwards out of the wheel brackets of the frame while removing the chain from the hub sprocket.



2



3a



3b



3c



4



5



6

Rear Wheel Installation

To install the rear wheel follow these steps:

1. Place the bike on the kickstand.
2. Install rear wheel into the horizontal slots of the frame wheel brackets and ensure:
 - a. The toothed washer engages the slot as shown.
 - b. The cable bracket is oriented horizontally forward as shown.
 - c. The chain is around the sprocket as shown.
3. Loosely tighten the wheel nuts by hand. The nuts should be loose enough so that the wheel can still slide in the wheel bracket when tensioning the chain.
4. Install the left and right chain tensioner assemblies. Torque to 2-3 Nm.
5. Loosen the chain tensioner lock nuts.
6. To tension the chain, turn the tensioner screws clockwise pushing the wheel forward. Work back and forth from left to right to ensure the wheel stays centered in the frame while tensioning the chain. The chain has the appropriate amount of tension when it is tight without binding thru the entire revolution of the crank arm.
7. Tighten the chain tensioner lock nuts while holding the chain tensioner screw with a 5mm Allen key.
8. Tighten both wheel nuts using a 15mm wrench.
9. Reconnect the shifter cable to the rear hub.
 - a. Ensure that the shifter is in 8th gear for the Shimano 8-speed hub, 11th gear for the Shimano 11-Speed, or into 3rd gear for the Sturmey-Archer 3-speed hub.
 - b. With one hand rotate the spring loaded shifter pulley clockwise, while hooking the shifter cable into the groove on the pulley with the other.
 - c. Grab the cable housing, pull it forward and insert it into the hub shifter bracket.
10. Pull the rear brake calipers into the rim with one hand while latching the brake cable into the cage with the other.
11. Rotate the wheel while looking and listening for brake pad rubbing. If rubbing is present, follow steps 5-9 to re-align the rear wheel. IF BRAKE RUBBING PERSISTS DO NOT RIDE. Also check the rim to ensure it is free from damage, the wear indicator groove is visible and the rim sidewalls are flat and not bowed. If any of these conditions are present, DO NOT RIDE. Instead, consult a bicycle mechanic or contact service@elliptigo.com.



2. Tires

Your ElliptiGO bike comes equipped with high-pressure, unidirectional, clincher-style tires. These tires have a finite lifespan that depends on, among other things, rider weight, how well you maintain the tire pressure, the kind of riding that you do and the surfaces upon which you ride. As a result, there is no hard and fast rule regarding how long your tires will last.

It is important that you maintain the correct tire pressure in your tires. The maximum pressure is listed on the sidewall of the tires. We recommend riding at a tire pressure of 10-15 PSI under the max pressure listed on the tire sidewall. Use a floor pump with an air pressure gauge to inflate the tire to the correct pressure.

▲ WARNING! Always check your tire pressure before riding. Underinflated or overinflated tires pose serious risks including loss of traction, blowouts, and buckling while cornering. Any of these situations could cause the rider to lose control and suffer a fall.

▲ WARNING! Never inflate a tire beyond the maximum pressure – this can cause the tire to explode off of the rim and injure you or a bystander.

Before you ride, do a thorough visual inspection of the front and rear tires. Make sure there are no tears, cracks, or impregnated debris in the sidewall or along the tire tread. Ensure that the tread is not worn out and that the bead wire at the bottom of each sidewall is securely seated inside the rim. Look for bulging along the sidewall or tire tread. If you see any tears, cracks, bulging, or excessive wear, DO NOT RIDE THE BIKE. Instead, take your bike to a shop to have a new tire installed.

▲ WARNING! Always check both tires before riding. Damaged or excessively worn tires increase the likelihood of experiencing a blowout, unseating of a tire, or sustaining a flat during a ride. Any of these situations could cause the rider to lose control and suffer a fall.

Finally, make sure that your tire is attached in the correct orientation. On the sidewall, locate the unidirectional symbol consisting of an arrow and the word “Drive.” When the wheel is rotated so that the arrow is at the highest

point during the rotation, the arrow should be pointing in the forward direction of travel. If, when the arrow is at the top of the wheel, it is pointing towards the rear of the bike, the wheel is on backwards. Follow the instructions for detaching the wheel and reattaching it so that the arrow is in the correct orientation.

While checking the tire, also check the rim to ensure it is free from damage, the wear indicator groove is visible and the rim sidewalls are flat and not bowed. If any of these conditions are present, DO NOT RIDE. Instead, consult a bicycle mechanic or contact ElliptiGO Customer Service.

▲ WARNING! Never ride on a rim that is worn below the wear indicator groove, a rim that is bowed, or a cracked rim. Not only does a worn, bowed or cracked rim reduce stopping power, but it will eventually break, likely without warning. If your rim breaks it will almost certainly cause the tire to come loose and the rider to suffer serious injuries or death from a resulting fall.

When you are ready for a new set of tires, take your ElliptiGO bike to a professional bike mechanic and have him replace your tires with the same size of high pressure clincher tire.

3. Tubes

Your ElliptiGO bike comes with high-pressure tubes with presta valves. The presta valve includes a locking mechanism that must be unscrewed before the tube can be inflated. To unlock the valve, turn the locking nut counterclockwise several rotations until it reaches the end of the threads. This is the position in which you can inflate the tube. Before inflating, press down the nut and release it quickly. This helps prevent the valve from sticking, which can prevent successful inflation. Once inflated, secure the locking mechanism by turning the locking nut clockwise until it is seated against the presta valve stem.

The rims on your bike are designed to only accept tubes with presta valves, so whenever you purchase a spare tube, ensure that it has a presta valve. Presta valves require presta-compatible pumps for inflation. If you are unsure whether your pump is compatible with the presta valve system, bring your pump to a local bike store and ask.



D. Gear Selection

Your ElliptiGO bike comes equipped with a Shimano Alfine 8-speed or 11-speed internally geared hub or a Sturmey-Archer 3-speed internally geared hub and “trigger shifter” controls with gear selection indicator. When configured properly, the gear selection indicator depicts the gear that the hub is in at any given time. For the Shimano Alfine hubs, the gears are numbered from 1 to 8 or 1 to 11, with 1 being the “lowest” gear and 8 or 11 being the “highest” gear. For the Sturmey-Archer hub, the gears are numbered from 1 to 3, with 1 being the “lowest” gear and 3 being the “highest” gear. The “lower” the gear, the less the amount of effort that is required to rotate the drive train and the shorter the distance covered will be for one complete rotation of the crank arms. Conversely, the “higher” the gear, the more the amount of effort that is required to rotate the drive train and the longer the distance covered will be for one complete rotation of the crank arms. In short, shifting into a lower gear makes it easier to pedal and shifting into a higher gear makes it harder to pedal, but will enable you to go faster given the same rate of pedal rotation.

The Shimano trigger shifter system provides an effective means for changing gears. The mechanism has two levers, a thick “thumb lever” towards the rear of the system and a thinner “finger lever” towards the front of the system. To shift the 8-speed hub into a lower gear, push the thumb lever forward until it stops and then release it. To shift the 8-speed hub into a higher gear, push or pull the finger lever until it stops and then release it. The shifting process is the opposite for the 11-speed system. You should be able to hear the mechanism working as you shift and you can watch the gear selection indicator line move from gear to gear.

The Sturmey-Archer shifter system uses an upper and lower thumb lever. To shift into a higher gear, push the upper lever forward until it stops and then release it. To shift into a lower gear, push the lower lever forward until it stops and then release it. Again, you should be able to hear the mechanism working as you shift and you can watch the gear selection indicator line move from gear to gear.

▲ WARNING! Always ensure that the lever has been completely depressed before releasing. Failure to completely depress the lever can result in a shifting failure that can change the pedaling experience unexpectedly. This can cause the rider to lose control and suffer a fall.

It is important during your familiarization ride to understand the pedaling experience in each gear and to get comfortable assessing which gear is appropriate for the different speeds at which you will be traveling during a ride.

▲ WARNING! Always ensure you are in the correct gear before resuming pedaling after coasting, especially during a descent. Pedaling in too low a gear for the speed at which the bike is traveling can make the ElliptiGO bike unstable, resulting in the rider losing control and suffering a fall.

Unlike the derailleur shifting systems common on most multi-gear bicycles, the internally geared hub does not require the rider to be pedaling in order to shift. In fact, the system works best when you are coasting, and too much force on the drive train can prevent the system from shifting properly. The best technique for shifting is to institute a slight pause into your pedaling stroke at the moment you engage the shift lever and then wait to resume pedaling until you have heard the system move to the new gear ratio.

E. Adjustable Crank Arms

Your ElliptiGO bike comes equipped with a custom set of crank arms with four drive arm mounting positions. The purpose of these different mounting positions is to enable the rider to select the appropriate stride length for an ensuing ride. Each mounting position corresponds to a specific stride length as follows:

Mounting Position	Stride Length [in.]
One	16
Two	19
Three	22
Four	25

To adjust the stride length, refer to the procedure outlined earlier in Section II. 2. G. 1.

▲ WARNING! Always ensure that the drive arm attachment bolts are securely seated into the drive arm mounting position. Failure to secure them could result in the drive arm detaching from the crank arm, causing the rider to lose control of the ElliptiGO bike and suffer a fall resulting in serious injury or death to the rider. Check to see that these bolts are securely seated before every ride.

Before riding, ensure that the left and right drive arms are attached to the same mounting position on their respective crank arms. Do not ride the ElliptiGO bike with the drive arms mounted in unequal positions as this can cause the rider to lose control and suffer a crash or fall.

2. Servicing the ElliptiGO Bike

As with any piece of sophisticated equipment, your ElliptiGO requires periodic servicing and maintenance in addition to consistent inspections. All servicing beyond the routine maintenance steps discussed below should be performed by a professional bicycle mechanic or ElliptiGO technician. To discourage you from attempting to service the ElliptiGO on your own, this manual does not provide any servicing procedures.

Your maintenance and servicing requirements will depend on a number of factors, including your weight, the frequency, style and duration of your rides, the climate where you ride, and the condition of the surfaces upon which you ride. Regardless of how diligent you are with your inspections and careful you are when riding, your ElliptiGO bike components fatigue with each ride and eventually will wear out. Each component has a different lifespan and tolerance for abuse and many can fail catastrophically without warning if subjected to the stresses of riding after they have performed for their useful life. Even a component that is covered by a warranty can fail before the expiration of its warranty depending on how it is affected by the factors listed above. Consequently, it is your responsibility to spot the signs of fatigue that can indicate when a component is reaching the end of its useful life and to have that component replaced by a professional bicycle mechanic.

▲ WARNING! As with all mechanical components, the bicycle is subjected to wear and high stresses. Different materials and components may react to wear or stress fatigue in different ways. If the design life of a component has been exceeded, it may suddenly fail, possibly causing injuries to the rider. Any form of crack, scratches or change of coloring in highly stressed areas indicate that the life of the component has been reached and it should be replaced.

We designed the ElliptiGO to have all of the components work in concert to provide a safe and enjoyable experience to the rider. As a result, when you replace a safety-critical component, always use a genuine replacement part. If you replace an original component with a different component, the modification can ripple through the entire system and potentially put

additional stress on other components. This additional stress could cause the new component or the existing components to wear out more quickly or, depending on the nature of the new component, could result in a catastrophic failure of a component during normal use.

While servicing of the ElliptiGO bike should be done by a professional bicycle mechanic, you should perform the following routine maintenance and inspections before and after every ride.

A. Routine Maintenance and Inspections

1. Before every ride:

- a. Execute the Pre-Ride Safety Checklist. This is the first step to ensuring your ElliptiGO bike is in good working order and it is your best line of defense against an injury caused by a worn out or improperly operating component.
- b. Wipe down the guide tracks with a soft, dry cloth.
- c. Inspect the load wheels for cracks and the tracks for debris that remained after the wipe down. Remove this debris with your fingernail.

2. After every ride:

- a. Wipe the bike down, inspecting it for damage and loose cables or components. Pay particular attention to the load wheels, rims and brakes, examining the load wheels for cracks, the rims for any cracking or bowing and the brakes for proper adjustment, alignment, and sufficient brake pad depth.
- b. Take time to thoroughly inspect the drive arms to make sure there is no visible damage to them.
- c. Test the headset and steering column to make sure they are tightened properly. With the front wheel held by the front brake, push forward on the bike so that the rear wheel lifts off the ground, then drop the wheel back down, feeling for movement through the steering column and headset. If there is movement, check the tightness of the steering column quick release systems. If they are appropriately tight, then the headset may be loose. Take the

ElliptiGO bike to a professional bike mechanic to have him examine the headset.

- d. Do a thorough inspection of the spokes on both wheels. They should all feel equally tight. If any one feels looser than the others, take the ElliptiGO bike to a professional bicycle mechanic to have the spoke tightened and wheel trued.
- e. Wipe down the guide tracks with a soft, dry cloth. Inspect the tracks for debris and the load wheels for cracks and debris. If the load wheels are cracked, have them replaced before your next ride. If the load wheels or tracks have accumulated debris, remove the debris.
- f. If you encountered any moisture during the ride, such as puddles, rain, or wet roads, ensure that the bike is completely dry before you put it away and lubricate the chain with oil.

If during your pre- or post-ride inspections you see any frayed, scratched, torn, damaged or discolored component, cable, housing, or part, take your ElliptiGO bike to a professional bicycle mechanic to have it inspected and the part replaced.

⚠ WARNING! Always have a professional bicycle mechanic service your ElliptiGO bike. Failure to properly service the bike can result in the improper functioning of the bike or its components during a ride, causing the rider to suffer a fall. Improper servicing can also result in damage to the ElliptiGO bike and could void your warranty.

3. What Happens if I Damage the ElliptiGO Bike

If you damage your ElliptiGO bike by colliding with another object or sustaining a fall, first ensure that you do not require medical attention. If you do, get medical help immediately. Don't worry about the bike, we'll make more of those – we can't make another one of you.

Even if you are unhurt, DO NOT RESUME RIDING your ElliptiGO. Instead, take it to a professional bike mechanic or bring it to the ElliptiGO Retail and Service Center at 722 Genevieve Ave., Suite O in Solana Beach, California.

Only after a professional has thoroughly checked out the entire system, including test riding it, should you resume riding the bike.

APPENDIX A: INTENDED USE

The ElliptiGO bike is intended to be used on paved surfaces by individuals weighing less than 250 pounds for the purpose of enjoying outdoor exercise.

Any use of the ElliptiGO bike in any other manner falls outside of the intended use.

There are three key elements to the intended use statement above.

1. For use on Paved Surfaces

The ElliptiGO bike has been optimized for riding on paved surfaces and there are certain aspects of the system that pose a risk to the rider if the bike is ridden “off-road” or on unpaved surfaces (including gravel, sand, or dirt). For example, the ElliptiGO bike’s tires are not designed to be taken onto surfaces other than paved roads and will have degraded stopping and maneuvering abilities in those conditions. Similarly, the internal guide track system must be kept free from debris to function properly. Riding on unpaved roads drastically increases the likelihood of getting debris into the track system that at worst can cause the rider to lose control and suffer a fall, and at best will only damage the track system. As a result, riding on unpaved roads falls outside the intended use of the ElliptiGO and could void your warranty.

2. 290 Pound Total Weight Limit (40 pounds from the stock ElliptiGO bike, 250 pounds from rider and all accessories)

By limiting the gross vehicular weight of the ElliptiGO bike, rider and accessories to less than 290 pounds combined, we have been able to create an affordable exercise device that delivers a high-performance fitness experience. This weight limit was relied upon for every aspect of the design, from the components we selected, to the frame materials and configuration, to the thickness of the drive arms and steering column. Riders weighing more than 250 pounds fully-laden can subject the ElliptiGO bike to loads that exceed those to which we have tested the ElliptiGO bike, and this could result in catastrophic failure of key components during regular riding. In addition, even if the ElliptiGO bike does not appear to be damaged by a

rider who weighs more than 250 pounds, the fatigue and stress caused by such a rider will greatly diminish the lifespan of many of the ElliptiGO bike’s components. As a result, allowing your ElliptiGO to be ridden by someone who exceeds 250 pounds is very dangerous, could result in a catastrophic failure of one or more components causing the rider, or a subsequent rider, to suffer a fall and voids your warranty.

3. For the Purpose of Exercise

The purpose of the ElliptiGO is to deliver enjoyable outdoor exercise by enabling a low-impact running-like exercise experience. It is not to be used for trick riding and should never be used for stunts, jumps, wheelies, or other abusive maneuvers. These will dramatically reduce its service life and could cause a catastrophic failure of one or more components of the bike, causing the rider to suffer significant injuries or death from a resulting fall.

ALERT! Jumping off obstacles, including curbs, can significantly damage your ElliptiGO and void your warranty.

⚠ WARNING! Using the ElliptiGO for stunts, jumps, wheelies or other extreme maneuvers can cause a catastrophic failure of one or more components, and/or result in significant injury or death to the rider. DO NOT ENGAGE IN THESE OR OTHER ABUSIVE ACTIVITIES.

APPENDIX B: HOW LONG WILL MY ELLIPTIGO BIKE LAST?

The short answer is: we don't know exactly how long your ElliptiGO will last, but we do know that it will not last forever.

As discussed above, the lifespan of any given component on your ElliptiGO bike varies with a range of factors, including rider weight, frequency of riding, duration of rides, riding surface, intensity of riding, style of riding, climactic conditions when riding and in storage, and diligence with maintenance and servicing.

Because it is impossible to predict exactly how long any given component will remain serviceable, it is important for you to be able to spot the signs of component aging so you can prevent a catastrophic failure from a component that is under stress after its useful service life. What is equally important for you to know is that some components can show no signs of stress or damage before giving out, so it is critical to have a professional bicycle mechanic inspect your ElliptiGO periodically to ensure everything is in good working order.

We recommend having your ElliptiGO inspected by a professional after every 50 hours of riding if you are an average weight rider (175 pounds) using the bike for exercise on well-maintained paved roads and average around 12-15 mph when riding. That's about every 10 weeks if you ride an hour a day, five days a week. If you are a heavier rider, frequently engage in significant climbing or high-speed descending, or ride on poorly maintained roads, you should have your ElliptiGO checked more frequently. Again, you should inspect the bike before and after every ride, the 50 hour rule of thumb is for periodic inspections by professional bike mechanics.

These professional inspections can be critical for identifying failing parts early so you can avoid the extreme hazards that accompany a catastrophic failure of a component during use. A professional bicycle mechanic will be very familiar with the operation of almost all of the components on your ElliptiGO and be able to spot damage or accelerated aging more easily than someone who is not a trained bicycle mechanic. This is why they can identify problems early-on and then advise you regarding the best way to handle them.

At the end of the day, like most things in life, your safety and experience with the ElliptiGO bike are in your hands. When used properly, your ElliptiGO will provide you with many years of enjoyable outdoor low-impact exercise. If you pay attention to the bike and its components, keep them clean and in good working condition, inspect them before and after each ride, and have your bike inspected frequently by a professional mechanic, you should be able to derive the full value from the system. If you neglect to maintain the bike, rarely inspect the components, fail to keep the bike clean and the drive train lubricated, or pay no attention to signs of damage or excessive wear, you will likely experience problems with the bike that could lead to a catastrophic event happening while riding.

ElliptiGO Bikes with Composite Drive Arms

As discussed above, we have designed your ElliptiGO to provide a high-performance exercise experience. There are many considerations that go into creating such a design, including safety, weight, stiffness, ride comfort, and aesthetics. We chose to construct the drive arms from a composite material called "carbon fiber" because of the superior stiffness to weight ratio this material delivers as compared to metals such as steel, aluminum, and titanium. However, there are some significant differences you should be aware of regarding how composites like carbon fiber behave as compared to metals.

The biggest difference between the behavior of carbon fiber and common metals during periods of extreme stress is that metals tend to bend or deform well before they break, often providing a warning sign that a metal part has been overly fatigued. Carbon fiber parts, on the other hand, neither bend nor deform prior to breaking. When overloaded beyond their capacity, they usually just snap in a single catastrophic failure. This is important for you to understand because the drive arms are the things you are standing on when you ride the ElliptiGO bike and if one of them breaks, you will almost certainly suffer a fall and be seriously injured or killed.

These drive arms have been designed to withstand the fatigue associated with their intended use by a rider who weighs less than 250 pounds fully-

laden. If you misuse the bike, collide with another object, or are involved in a crash, you can damage the drive arms to the point of breaking them. Although breaking your drive arms is bad, damaging them without breaking them could be even worse because a damaged drive arm can catastrophically fail during regular use without warning. Consequently, you must be on the lookout for signs that your drive arms are damaged so you can replace them and avoid serious injury or death from a drive arm failure during normal use.

Damaged carbon fiber can be identified by observing visual signs of cracking or delamination, hearing creaking or other noises when the carbon fiber flexes, or feeling a lack of stiffness in the part.

Cracks

Cracks can come in any size, but regardless of how small a crack is, you should not ride an ElliptiGO bike with a crack in the drive arm. Once a crack has formed it will continue to grow and splinter over time and use, eventually resulting in a catastrophic failure of the part. Cracks can be found during a thorough visual inspection of the drive arms. Pay particular attention to the sections of drive arm immediately in front of and behind the foot platforms, as these are the areas under the greatest amount of stress during operation. Again, never ride on a drive arm that has a crack, regardless of the size. Instead, contact service@elliptigo.com for a replacement drive arm.

Delamination

Your carbon fiber drive arm is comprised of several thin layers of carbon fibers bonded together by epoxy. Delamination describes the condition where the carbon fiber layers separate from each other. Delamination can have a number of causes, many of which do not require abusing the part. Regardless of why the delamination occurred in the first place, the result is that it can greatly reduce the strength of the part and put the rider at risk of an unexpected catastrophic failure that can result in serious injury or death. Consequently, you should never ride on a drive arm or other component that shows signs of delamination. Instead, contact service@elliptigo.com for

a replacement drive arm, or your component dealer for a replacement component.

There are several different visual indicators that can be signs of delamination. The most common sign of delamination is a cloudy discolored area forming on the surface of the part. Undamaged carbon fiber should appear glossy black or gray. Examine your new drive arms to get a good picture of what undamaged carbon fiber looks like. If an area on your drive arm begins to look cloudy, this is a sign of delamination.

The second most common visual sign of delamination is slight deformations in the part itself. When you receive your bike, become familiar with the smooth lines of the drive arms. During your regular inspections, pay attention to these lines to see if there has been any change to them, especially a single bulge, bump or depression in the part. If you find something unusual this could be a sign of delamination. Before riding, take the ElliptiGO bike to a professional bicycle mechanic or ElliptiGO technician for inspection. When in doubt, contact service@elliptigo.com for a replacement drive arm.

In addition to visual signs, there are audible indicators of delamination. When riding listen for any creaking or popping sounds coming from the drive arms. Your drive arms should be quiet. If a drive arm is creaking under load, that is a strong indicator that it is damaged and could fail catastrophically during normal operation. Even if you can't see any signs of delamination or cracking, a creaking drive arm must be replaced. Do not ride the ElliptiGO bike; instead, immediately contact service@elliptigo.com for a replacement drive arm.

Finally, when inspecting your drive arms, use your fingernail to strike the carbon fiber at regular intervals and listen to the sound that is generated. It should be a nice, sharp sound every time you strike the surface. If one area returns a different sound, especially one that is muted, this is an indicator that delamination is occurring inside the part. Upon discovering this, you should take your ElliptiGO bike to a professional bicycle mechanic or ElliptiGO technician for further evaluation.

APPENDIX C: TORQUE REQUIREMENTS FOR SCREWS AND FASTENERS

Torque Requirements

Item	Fastener Location / Description	Fastener Size	Tool Required	Fastener Qty	Torque Spec (N-m)
1	Stem to Handlebars	M5x0.8	4mm allen	4	4-5
2	Stem to Steering Extender	M6x1.0	5mm allen	2	10
3	Extender Star Nut	M6x1.0	5mm allen	1	8
4	Steering Column Base to Fork Steering Tube	M6x1.0	5mm allen	2	8
5	Kickstand to Bracket	M6x1.0	5mm allen	2	8
6	Rear Wheel Axle Nuts to Dropouts	3/8"	15mm wrench	2	30
7	Bottom Bracket to Frame	1.37"-24	BB Tool	2	50-70
8	Drive Arm Axle to RH Crank Arm	9/16"-20 RH	6mm allen	1	34
9	Drive Arm Axle to LH Crank Arm	9/16"-20 LH	6mm allen	1	34
10	Drive Arm Foot Basket to Drive Arm Body <i>(Aluminum Drive Arms only)</i>	M6x1.0	4mm allen	16	8
11	RH/LH Crank to Bottom Bracket	M15x1	8mm allen	2	47-54
12	Chain ring/Chain guard to RH Crank	M8x0.75	6mm allen	5	8-10
13	Track Inserts to Frame	M3x.5	2.5mm allen	8	0.8-1.0
14	Chain Tensioner to Dropout	M4x.7	3 mm allen	4	2-3
15	Chain Tensioner Bolt	M6x1.0	5mm allen	2	5-7
16	Rear Brakes to Frame	M6x1.0	5mm allen	2	5-7
17	Front Brakes to Fork	M6x1.0	5mm allen	2	5-7
18	Brake Pads to Brake Arms	M6x1.0	5mm allen	4	6-8
19	Brake Cable Anchor Bolt to Brake Arms	M6x1.0	5mm allen	2	6-8
20	Shifter Cable Inner Cable Fixing Bolt	-	wrenches	1	3
21	Gear Shifter to Handlebars	M6x1.0	5mm allen	1	5-7
22	Brake Levers to Handlebars	M5x0.8	4mm allen	2	4-5
23	Ergon GC3 Integral bar-end Grips to Handlebars <i>(On Certain Models Only)</i>	M6x1.0	5mm allen	2	8

APPENDIX D: SATISFACTION GUARANTEE AND LIMITED WARRANTY

Satisfaction Guarantee

We guarantee that you will love your ElliptiGO. If you purchased your ElliptiGO directly from ElliptiGO you can return it for any reason within 30 days of purchase for a full refund, less return shipping charges, if any. It is the responsibility of the customer to retain all original packing materials in order to ship any returns back. Any item that is damaged or is missing parts for reasons not due to our error may receive a partial refund, which would be communicated upon receipt of the return. Just contact us at service@elliptigo.com to arrange the return and we will send you more details.

If you purchased from an authorized dealer, that dealer's Return Policy will apply instead.

Limited Warranty

We also guarantee that your ElliptiGO will be free from manufacturing defects, including both workmanship and materials, as stated below:

- Five years: Frame
- Two years: Fork, Drive Arms, Crank Arms, and Steering Column
- One year: All Other Components, Paint and Decals

This is the only warranty for your ElliptiGO and it is limited to the initial purchaser (it expires upon resale or transfer of the product to another party). The warranty applies only to those ElliptiGO products purchased from ElliptiGO directly or an authorized dealer.

During the term of this warranty, if you experience a defect in your ElliptiGO, we will either repair or replace it free of charge, other than return shipping charges and third-party labor fees, if any. We will decide whether a repair or replacement is appropriate under the circumstances. There are no other entitlements under this warranty beyond reparation or replacement of your ElliptiGO as a result of a manufacturing defect.

Limits to Coverage

This warranty does not cover damage to your ElliptiGO resulting from:

- Normal wear and tear
- Improper use (see your Owner's Manual for a detailed discussion of proper and improper use of the ElliptiGO)

- Improper assembly of a component or the ElliptiGO itself performed by someone other than an authorized representative of ElliptiGO
- Improper servicing of a part by someone not authorized by ElliptiGO
- Failure to perform routine maintenance
- The use of parts other than the original parts or replacement parts purchased from ElliptiGO
- Collisions, crashes, or physical abuse to the ElliptiGO
- Neglect or use of the ElliptiGO when in a state of disrepair

Note that tires, tubes, brake pads, load wheels, track inserts and other wear parts will require replacement over time and are only covered by this warranty for manufacturer's defects.

Voiding Your Warranty

You void your warranty by:

- Misusing the ElliptiGO bike (see your Owner's Manual for a detailed discussion of proper and improper uses of the ElliptiGO bike)
- Exceeding the rider weight limit of 250 pounds
- Making any modification to the ElliptiGO bike frame
- Making any modification to the ElliptiGO bike components

Claims

To make a claim through this warranty, please contact service@elliptigo.com.

Subject to the laws of the governing jurisdiction, ElliptiGO shall not be responsible for any incidental or consequential damages arising from this offer of warranty or that result directly or indirectly from the use of the ElliptiGO. Your rights under this warranty are limited to the reparation or replacement of your ElliptiGO, and the decision to repair or replace your ElliptiGO resides solely with ElliptiGO. This warranty affords you certain rights that vary by jurisdiction. Any limitations expressed in this warranty do not affect your statutory rights under the law of the relevant jurisdiction. If a court of competent jurisdiction determines that one or more specific provisions contained in this limited warranty cannot be applied, the inapplicability of that provision shall not affect the enforceability of any other provision contained herein and all other provisions shall remain in full effect for the term of the warranty.

APPENDIX E: MAINTENANCE CHART

The appropriate maintenance intervals for your ElliptiGO depends on many things, including your weight, your riding style, the terrain you ride on, and your specific climate. The recommendations below are based on a 175-pound rider riding on relatively flat, well-paved surfaces in a mild climate and assumes the ElliptiGO is ridden an average of 300 miles per month (about 75 miles per week or 3,600 miles per year). This chart is intended to be a general guideline and should be adjusted based on your specific riding conditions. Consult your local ElliptiGO Authorized Repair Center or local bicycle mechanic about your specific circumstances and what maintenance intervals will likely be appropriate for you. Also, this chart assumes that you are completing the pre-ride and post-ride inspections and wipe-downs of your ElliptiGO as set forth in the Owners' Manual. Those are critical to identifying parts that may be wearing more quickly than expected or have been damaged during riding. Ensuring your ElliptiGO is functioning properly and the parts and components are being maintained is critical for enjoying a safe riding experience.

	Every Week	Every Month	3 Months	6 Months	9 Months	12 Months	15 Months	18 Months	21 Months	24 Months
Pump Tires	X									
Wipe Track Inserts	X									
Wipe Load Wheels	X									
Lube Chain		X								
Tune-Up Service by Professional Bike Mechanic			X			X				X
Adjust Chain			X	X	X	X	X	X	X	X
Replace Brake Pads						X				X
Replace Shifter and Brake Cable						X				X
Replace Cable Housing						X				X
11R Oil Change			X							X
8-speed Hub Maintenance										X
Replace Load Wheels						X				X
Replace Track Inserts						X				X
Replace Tires						X				X